

The image features a dark silhouette of a person's head in profile, facing right. The interior of the head is filled with a vibrant sunset scene over a body of water. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water's surface. A few wispy clouds are scattered across the sky. The overall composition is centered and evokes a sense of introspection and inner peace.

Michael Doyle

The Journey Inward

The Not So Obvious Path to Self-Mastery

THE JOURNEY INWARD

THE NOT SO OBVIOUS PATH TO SELF-MASTERY

INTRODUCTION

So many pieces of my nights were missing. I'd wake feeling tired, hungover, and depressed. What happened last night? Did I play my third set? How did I get home? On the outside, I was the life of the party. They loved how I rocked the stage with my high energy and ability to consume ridiculous amounts of alcohol during my shows. However, on the inside, I was lost, sad, and lacking clarity or direction. I was overweight, living an unhealthy lifestyle, and felt deeply stuck.

We are never really stuck. Everything is energy and energy is always moving. The reason we feel stuck is because we are stuck in our thoughts, beliefs, emotions, and actions. The second we change even one of our daily habits we start to create a new outcome. Yes, life is never a straight line and as they say, calm seas don't make great sailors, but life is somehow... always happening for us. I can say with 100% certainty that whatever your soul is seeking, is seeking you.

You see, I have been feeling called for a while now to start sharing my personal story to guide and empower others to take their lives to the next level. I realize, no two journeys are the same but there are many parallels to igniting your soul's calling. I know you can overcome all of life's adversities and start living the life you know deep down you were meant to live. This chapter is your invitation to trek the most important path we can ever take in life... The Journey Inward.

"The reason we feel stuck is because we are stuck in our thoughts, beliefs, emotions, and actions."

The Journey Inward

THE STRUGGLE

In life, all of us have times of joy, sorrow, tears, laughter, struggle, fun, and every other possible emotion and experience in between. My earliest memory of deep pain and struggle was when my sister Darlene and her friend Karen were hit and killed by a drunk driver. I was only 10 years old and although it was 37 years ago now, I can still vividly remember that day unfolding. I remember literally feeling the pain my mom and dad were experiencing and trying to be the “strong one” and hold a space that would support them. Looking back, I rarely allowed myself to cry and unconsciously developed a habit of not processing negative emotions and became a giver while being blocked to receive.

This pattern continued into my relationships as I grew older, and I would always try to be the helper or fixer. I would give, give and then give some more until I lost myself in the process. Eventually, the pain of that dynamic would become too much, and the relationship would end. Guess what I did next... I'd re-create the same dynamic in a new relationship. You see nothing was changing on the inside so I would simply repeat the pattern. I feel relationships are our greatest teachers and can serve us for accelerated growth if we are open to being the observer of our experience while honoring the lessons within the dynamic.

The timing of me writing this is another aligned synchronicity. I recently completed an old pattern and cycle in my romantic relationships. I had a very profound karmic soul-mate connection with an amazing woman. During our relationship, I experienced love at a cosmic level, challenges, growth, and most importantly healing. This relationship guided me back to me, as I learned to set new boundaries and start loving myself at a deeper level. Love is not something we must seek, for love is what we are.

*"Love is not something we must seek,
for love is what we are."*

The Journey Inward

As I think about some of my obstacles and aha moments, I feel my battle with alcohol is a very important one as it sparked much of my growth, healing, and expansion. I struggled with drinking for almost two decades. I loved to go on long binges and at times drink around the clock. Even after letting myself go to where I weighed over 200 pounds and woke up one morning in a drunk tank, I continued to drink. Thankfully on April 24th, 2010, I had that moment of clarity.

I was sitting on the floor playing with my son Timothy. He was only 14 months old at the time and I felt I didn't have the energy or attention span to give him that he deserved. I felt guilty and thought, "What kind of a role model am I going to be for my son if I keep living my life like this?" Looking back this was the day that I surrendered the struggle on a deeper level. I asked for help from a higher power, and I got that help... Everything in life comes down to a moment of clarity where we get to make a choice. My decision to no longer drink would prove to be a quantum moment in my soul's ascension.

THE PILOT LIGHT

We rarely connect the dots while we are in it but rather can always connect them when we get to look back at our journey. I never consciously tried to do this but I slowly replaced my drinking with fitness and nutrition. Getting my health in check would prove to be one of the catalysts on my road to self-mastery.

Having said this, I do feel the actual pilot light to my expansion was lit during a weekend retreat I attended in Bellingham Washington. The event was called The Holy Relationship and was facilitated by Sandy Levey-Lunden. I am forever grateful for Sandy and this course she created based on the principles in "A Course In Miracles." During the retreat, we learned a powerful process for clearing ego thoughts called, "The Power of Clearing." There were many healing and uplifting moments, but one experience, stayed very vividly in my mind. I remember the trees, the smells, the sunshine, and where I sat while the facilitator helped guide this amazing three-step process.

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Once we got to the final stage of the clearing, I was asked to say just three words... "I am innocent." I sat there shaking and crying uncontrollably. I had taped into a deep energetic block or belief, and it was holding on tight. My whole body shook and after what felt like forever, I said "I AM INNOCENT". It is hard to put into words what a powerful release this was. I felt happier, lighter, and now realize an enormous weight was lifted off me in that instant.

I feel it is important to mention that although we will have quantum moments in life and experience great growth it is key, we continue to make time to do the much-needed inner work. I have done countless healing sessions and tried many modalities. We must ensure we are going beneath the surface and getting to the root causes for true healing.

For change to occur in our lives, we must shift to a higher state of consciousness. A shift is at an energetic level internally and hence very powerful. As Albert Einstein said, "we cannot solve our problems with the same level of thinking that created them." It took several awakening moments before I was even aware that what I was experiencing was positive expansion and developing my self-awareness. I am glad that my exposure to a course in miracles lit what was to be the pilot light to my spiritual ascension.

THE AWAKENING

During my awakening, I went through several time periods that you may have heard called, "Dark night of the soul." During these times you will go through the "void," expanding your awareness while elevating your consciousness. I firmly believe life is truly about raising our vibration and expanding our consciousness. Everything we experience is not about economics, borders, religion etc, but simply a reflection of where the frequency of the collective consciousness is currently vibrating.

"We must ensure we are going beneath the surface
and getting to the root causes for true healing."

The Journey Inward

I believe we are in an exciting time to be a soul on this earth having a human experience. Mother Gaia is healing and fully supporting the ascension from 3-D (separate) to 5-D (unity) consciousness. A New Earth is well into motion, and I believe unity is closer than many people may currently perceive. The love of power is being replaced by the Power of Love. It has been said to know thyself and you shall know the Universe and the Gods. I feel this world pandemic (the real pandemic is fear) has gifted many of us the time to truly journey inward. People are waking up and realizing how much we are on autopilot; on a course, we did not plot for ourselves. Our belief systems and belief in ourselves can completely change the trajectory of our lives. We must first remember we are all Alchemists.

I have experienced so many moments during my awakening, but I feel the most powerful one for me is about love. Love is infinite and in the "Absolute," there is only love. God is love, is in everything, and is omnipresent. My relationship with "God," has been an interesting journey. I am neither for nor against any religions however I feel although they all hold some universal truths, they are all skewed by human beliefs, perceptions, and personal filters. It has been my experience that God and Religion are not the same things. I share my truth and inner "knowings" to empower those who seek to fully know thyself. I am not looking to convince anyone and ask that they all go inward for their answers. Everything you seek is already inside of you, waiting in the ether to be seen, activated, and created. If I was to attempt to define my beliefs and knowing as yours, I am making others wrong and I don't believe in creating more silos but rather help them find the truths that lie deep within themselves. We are all one and not separate from each other, nature, animals, the cosmos but collectively a part of this beautiful dance of unified consciousness.

*"The love of power is being replaced
by the Power of Love."*

The Journey Inward

I have had times of much struggle, of bliss, of love, of fun, of sadness, and every emotion in between. I believe we all experience times of unconsciously going through our routines and habitual habits. The auto-pilot mode often defaults to a setting called a fixed mindset. Fear has at times nearly paralyzed me and stopped me in my tracks. Yet, fear has also fueled me towards my moments of breakthrough and transformation. As I continue to remember and awake to what truly is, I am tapped into the source, God, the quantum field, the ether. This divine matrix is an infinite energy source that fuels all creation. The dream of the planet is created collectively through all spiritual beings that are currently living the human experience. Our souls have chosen this journey. The process of growing, healing, and expanding for me is an amazing experience.

As we journey towards self-mastery, we find it leads us once again to the illusion of self. There is no self as we connect to our true essence. From this beautiful place of awareness, we can serve from a higher place that always is for the greater good. Zen, Taoism, Samadhi are all fundamentally a way of being that can lead you to live your Dharma.

Following a very deep guided group meditation a brief poem channeled through me and although this was over two years ago, every time I read it, I feel it is fitting for my current experience. Our soul will always seek fuller expression and I hope these words become a mantra to guide and support you.

“A new powerful chapter in my spiritual awakening has begun. I fully let go of all limiting and negative beliefs. I fully ignite my light for the higher good of all. True abundance is flowing to me effortlessly. I am joyful, present, and fully alive.”

Fully understanding and feeling the power of love during my awakening I once wrote a short prayer to the Universe and feel to share it here as it is about leading with love. Love is infinite positive energy so why not intentionally Lead with Love.

The Journey Inward

-Prayer to the Universe

“Thank you, Universe, for your greater plan. I fully surrender any need to control and peacefully rest with certainty knowing all is well. I choose to move forward with love, passion, and purpose knowing your guidance is with me. Your plan is better than mine, and I surrender to you fully with joy, love, and much gratitude. I choose to see the world through the eyes of love, I will lead with love, and create from love.”

The Change I wish to see in the world can be summarized by a script I wrote a while ago. This was another Divine synchronicity and I realized it would support this chapter.

“The shift and expansion my soul seeks to experience in others is one of deeper connection. The type of connection I speak of involves three layers and eventually aligns you with your natural “Flow State.” I believe more and more people are following a call to go inward and explore. It is this journey inward that connects them to their mind, body, and spirit. Mastering your connection with yourself is layer one. When you strengthen this connection, it becomes the doorway to your soul revealing its calling to you. This is layer two and it is a very exciting time because you are becoming fueled by a burning desire to follow and fulfill your passions. In living your soul’s calling you discover the illusion of self. You begin to feel and live the oneness of all that is. Now creating from the quantum field, together we will heal the planet.”

A FEW OF THE LESSONS I’VE LEARNED

- Acceptance is Peace

We all find ourselves at certain stages in life facing adversity, challenges, or perceived obstacles. We often try to extract a linear progression or reason behind our pain or current situation. We are full of ‘should of’, ‘would of’ and ‘could of’, while replaying all the things we’d do differently; or we blame others, holding on to anger and resentment. In both cases, we are out of alignment. When our happiness is dependent on something or someone outside of ourselves, we are giving away our power.

The Journey Inward

Where we are currently, is a direct product of every thought we had, every belief we programmed, and every action we took along the way. This may be a hard pill to swallow; the good news is everything happens for a reason.

Time and time again I see so many people turn their pain into their power. To reach a place of acceptance there is a key element of forgiveness required; forgiveness to ourselves and toward others. Many people believe that by forgiving someone, they are saying it's okay. However, what they are really doing is removing the negative energy of anger from their mind, body, and soul. Only then can you place your energy, awareness, and focus on the 'now' while accepting where you are. When we fully accept where we are and take responsibility; it creates a positive shift, and we take back our power, aligning with our true self.

I am grateful to now be at a stage in my life where I feel inflow and in harmony with the Universe. This doesn't mean I never have ups and downs; in actuality, I feel awakened to a level where obstacles rarely take me off course. If something does take me off course, it is never as drastic, or for as long, as it once would have. Why is this? It is because I no longer push against what is; my self-awareness allows me to fully accept. Acceptance is peace.

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- Our Thoughts are Powerful

Our thoughts shape our reality period. Yes, there are other factors like our energy, vibration, beliefs, and actions that influence what we create however, everything starts with a thought. Much of what we think about and the associated emotions that follow are largely based on the past.

The Journey Inward

Starting at birth we use our thoughts to develop many beliefs. As we grow, learn, explore and expand we create self-awareness developing our metacognition. As humans we have been gifted the ability to think about our thoughts. Through this process, we may realize that not all beliefs are supporting our journey. Certain beliefs may have once served us but no longer does, others still serve us while many were never healthy, but we accepted them into our subconscious largely by the age of seven.

Our environment, perceptions, and beliefs about ourselves and the world around us set the stage for our habitual thinking programs. Either consciously or unconsciously we are co-creating with the unified field. The environment we spend time in will influence what we create.

It has been said that Love and Fear are the only two words in the language of the soul. Many people are in a place of fear, and this creates a lower vibration as well as negative thoughts. Creating from this place will always attract people and experiences that are unwanted. While creating from Love will consistently gift you people and experiences that you will enjoy.

We are indeed our biggest obstacle in life, but the good news is we are also our greatest asset. Which one you fuel the most, determines the quality of your life. We intrinsically understand there is power in knowing thyself. In studies of human behavior and our thoughts, there is scientific proof that all thoughts have corresponding neurological and chemical effects within our body. All our decisions in life come down to making a choice. If most of your thoughts are not helping you create the life you want, then choose to “change your thoughts.”

*“When you change the way you look at things,
the things you look at change.” - Wayne Dyer*

The Journey Inward

- The Power of Shifting Your Focus

When dealing with our energy, thoughts, beliefs, language, and habits it is a game-changer when we learn to shift our focus. This can help us go from a negative pattern to a positive pattern. Intellectually we know being on the positive side of the scale is beneficial for us in life. We are all programmed with habits, beliefs, and paradigms that sometimes can keep us feeling stuck. When we are stuck in negative patterns, we are creating more of what we don't want. As I previously mentioned consciously or unconsciously we are creating our experience.

Our Energy plays a major role in how we show up each day. Are we clear and excited? Are we feeling full of energy? Are we feeling tired and very low energy? We all experience both sides of this spectrum, but we have control over where our energy levels are going to be most days.

Our thoughts are powerful and over time help us create our reality. No one has, nor ever will create something positive using a negative mindset. Successful people learn to spend only 5% of their time on the problem and 95% on creating solutions. Where are your thoughts most of the time?

Never underestimate the power of our belief in ourselves. Developing our ability to visualize our goals is key. We must create it in the mindscape first. Neville in *The Power of Awareness* wrote, "you must assume the feeling of the wish fulfilled." We can be wired for an amazing life but many of us will have to re-pattern the neuro- pathways to create that life. Bob Proctor says, "you will never exceed your self-image." Do you believe in your ability to do the things you want to do?

*"No one has, nor ever will create something
positive using a negative mindset."*

The Journey Inward

The language we use on a regular basis is so important. It took me a while to fully grasp this concept. If you say I want to get out of debt, you may think this is a positive statement. However, your focus is still on debt therefore you attract more of it. Instead, say I will continue to increase my income. The focus is now on creating more income which will of course remove the debt over time.

Nate Green said, "Habits make us, and habits break us." A constructive habit will support us while a de-constructive habit does the opposite. It took me a while, but I replaced my drinking habit with better fitness and nutrition habits. We all have the power to replace our negative habits with positive ones. I believe success is achieved by completing simple effective daily habits consistently over time.

- Our Health is Our Wealth

We either make time for our wellness or eventually, we will be forced to make time for our sickness and disease. Dis-Ease is always created at an energetic level before it is realized in our physical reality. When we are out of alignment for too long it will over time translate into our day-to-day experiences as physical manifestations.

It has been my experience working with countless clients that we all hit a point in our lives where we must put ourselves first. I don't mean in a selfish or egotistical way but in an empowering way where we are being fueled daily. Learning to fuel our mind, body, and spirit daily is key but it takes awareness, intention, focused action, and practice. I love the analogy that we can't pour from an empty cup. I feel this is accurate, but it wasn't until a good friend of mine shared something her mentor had told her. She said we are never pouring from our cup. It's about self-care and filling our cup first. Basically, we learn to fill our cup so consistently that we are always giving still, but from the overflow.

"It has been my experience working with countless clients that we all hit a point in our lives where we must put ourselves first."

The Journey Inward

Self-investment is not only the best thing we can do for ourselves but also the people around us. The more we grow, the greater capacity we have to serve others. We can only help people to the level we have learned to help ourselves.

There are things I do daily, weekly and monthly that help me show up the way I do for both myself and others. I spoke during a World Fitness Expo at a Leadership conference and every leader over the three-day event basically said leading themselves first was their secret to being an effective leader.

Most of us know the things we can do to stay healthier. Eat less, stay away from processed foods, stay active and exercise a few days a week, get enough rest...you get the picture. What works for me may not work for you so try different modalities, fitness routines, and foods and learn what works for you. Some of my core habits are Running, working out, daily green shake, breath work, mobility and core work, and time in nature just to name a few. A good habit to develop that can increase your chances of having a solid foundation is establishing a good morning routine. We all get the same number of hours a day to get things done and a routine will help you stay more consistent.

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The Journey Inward

The Power of Forgiveness & Gratitude

There are going to be times in life where learning to forgive ourselves and others will be necessary. Well, it is a choice, but forgiveness is required if we want to grow and move beyond our current reality and experience new levels of flow and fulfillment. I mentioned earlier in this chapter that my sister Darlene was hit and killed by a drunk driver. I was so mad at the driver and for years I held onto this anger and wanted to hurt him. It wasn't until much healing, growth and several layers of awakening I was able to fully see things differently. I met the driver of the car in a vivid dream one night. I saw the sadness in his eyes and felt the pain in his heart. Instead of being mad or finally getting even I just looked deeply into his eyes and allowed myself to feel what he was feeling. I finally spoke and said, "it's okay, I forgive you." He looked at me and started to cry, then I started to cry, and I gave him a hug. Then all I could see was beautiful white light and the moment was gone. It wasn't until years later that I realized I had experienced a profound quantum healing during my dream that night.

I have faced other fears and challenges but can fully say I am grateful for all of my experiences. No matter where you are in your journey or what you are experiencing right now, I know there is someone somewhere who would love to have what you do right now. Being grateful for what we have while we work towards the things, we want is so important. Forgive, give thanks, learn the lessons and move on with excitement for what the future holds. When we are able to focus on the good and fully feel gratitude in our hearts, we will create more experiences to be grateful for.

"Being grateful for what we have while we work
towards the things, we want is so important."

The Journey Inward

- Harnessing Flow while balancing Our Growth

I briefly talked about Inner Synergy in my book *At The Helm*. I later realized that what I was experiencing and describing in my book was something called "Flow-State." Musicians, athletes, writers, authors, and many others relate to this state. It's when you are super focused on whatever it is you are doing or creating and fully in the moment. Time disappears while every cell in your body along with your thoughts, emotions, and actions are energetically aligned. You see, our minds can serve us or control us, but it is a choice. Either consciously or unconsciously we are co-creating with the Quantum Field and the people we engage with along the way. When we lead with our hearts and use our minds to create there is beautiful magic that happens. Our thoughts, emotions, words, and actions become vibrationally in sync and are in perfect resonance. This creates flow. Flow state is at the foundation of all alchemy and creating from this place will always serve the greater good. Water is our life source and is at its highest vibration when it is flowing. Our physical body as humans is largely made up of water therefore when we are experiencing a flow state we too are at our highest vibration. We are literally tapping into the universal life source that flows through all creation.

However, as an expert in human potential and peak performance, I do want to mention that we must balance our time and ensure we are moving beyond our comfort zone as well. I love flow state big time, but I know we are comfortable in the flow state and therefore not growing.

Letting The Fear Fuel You

I am fascinated with fear and learned that fear serves a great purpose in our lives. Successful people don't remove fear rather they learn to manage it. In fact, with enough practice, you can let the fear now fuel you instead of stopping you.

The Journey Inward

I faced my fear of deep water by deciding to complete a sprint triathlon. I trained in the Arctic for nine months and in 2011 I completed two events that summer. It took commitment, support, and consistent training but our obstacles are always opportunities to grow. The real challenge even on the day of the events was in my head while in the water. I chose to move past my fears.

I also had a huge fear of public speaking. Although as a professional musician I was very comfortable on stage if you took away my guitar, I was a nervous wreck. I decided to face this fear and joined toastmasters for a few months. I then spoke at a momondays London event and within six months I was the new co-host. I am now often inflow while giving a keynote or motivational talk.

I have overcome other fears and obstacles but it all initially began with a choice followed by a commitment. I basically asked myself the following question. Who do I have to become, to do the things I want to do? Once this is clear, simply set goals and start taking action. Everything we seek is always on the other side of our fears.

*D*ecide your path.
*O*rganize your plan.
*Y*ou are in control.
*L*earn to receive from others.
*E*levate the people around you.
*I*ncrease your productivity.
*T*ake time to be still daily.
*I*nvest into your personal growth.
*N*ever stop believing.

“Everything we seek is always
on the other side of our fears.”

The Journey Inward

CONCLUSION

I am fascinated with human potential, peak performance, and what really drives us in life. I have a healthy obsession with flow-state and consciousness itself. My Dharma is to collectively raise the greater consciousness of the world through connection and collaboration. At a micro-level, it is about empowering others. I exist to unlock the potential in people, organizations, and specifically their leadership teams. I am an expert in getting everyone in the same boat, rowing in the same direction, excited to be there, know where they are going, and clear on how they individually contribute to the team and vision. As a speaker, author, and coach my books, workshops, courses, free webinars, etc... are all designed to unlock the infinite potential that is waiting to be fully activated inside of you.



The Journey Inward

In closing out this chapter I will share with you a poem I recently wrote. I feel it aligns with my overall message that we all must trek the journey inward to fully thrive in life. Your time is now...

The Journey Inward

The Journey Inward brings awakening near
Connecting with God, releasing all fear

The power of NOW brings alignment and peace
I lead with love, with all those I meet

I surrender today, in every way
I trust in knowing, my soul knows the way

I am Clarity, Flow, Joy, Love, and Light
Always fueling, my soul into flight

I am that I am, and "all" that has been
For we are all one, in all the unseen

Love is the answer, this Truth will stay
For its Divine light, that's lighting the way

ABOUT THE AUTHOR

MICHAEL DOYLE



Imagine a world where everyone supports their own personal growth and the expansion of others. My Dharma is to collectively raise the greater consciousness of the world through connection and collaboration. I exist to unleash the potential in others.

I fully believe everyone has the power to follow their dreams and discover the deeper purpose of their life. I went from being exhausted, overweight, drinking in excess and feeling stuck to thriving. A decade later after much personal and professional growth, I dedicate my life to serving others.

I help my clients by leading them to new levels of Clarity and Flow in their life, business, and careers. I do this by always developing and using my gifts as a speaker, author and coach. I'm an expert in human potential, peak performance and what really drives us in life! My healthy obsession with flow-state and consciousness itself continues to drive me forward as I further develop my innate ability to unlock human potential.

If you are feeling stuck or are simply ready for the next level your soul is seeking, I am your personal GPS that will support your unique journey from where you are to where you truly want to go. More importantly, I ensure the journey is more fulfilling while you work towards achieving your deeper "soul's calling."



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Moving Beyond Fear

This is a powerful and proven system to take your life to new heights in whatever area you are looking to grow. In this course, you will experience more clarity, motivation, less stress, and meaningful movement beyond your current obstacles .

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