


Reveal Your Truth:

How To Unlock Your Purpose
In The Ten Areas Of Life



Quantum  Emergence®

Dr. Matt Mannino

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How to Unlock Your Purpose in the 10 Major Areas of Life

by Dr. Matt Mannino

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Introduction

“When you truly know who you are, why you are here and what you stand for, there is no reason, excuse or obstacle that can stand in your way. It’s time to open up new meaning and possibilities that you never before would have imagined. Get ready to reveal YOU to YOURSELF!” — Dr. Matt Mannino

Are you tired of just getting through each day? Do you want to find true fulfillment? You are not alone!

It **is** possible to experience renewal and have the life you desire.

This ebook will tell you about a scientifically based, unique, transformative process that doesn’t just fix the symptoms but gets at the **root cause** of the challenges in your life so you can heal and move into the life you were meant to live.

We’ll look at what’s truly behind life’s issues and challenges, why you might have an inability to create the change you want in your life, and how following this process will allow you to find the answers -- and results -- you seek.

You’ll get a taste of how true transformation happens. For example: why you struggle, how you come to know your true self, how to find a genuine direction and how to translate all of that into the success you want.

By following along and asking yourself critical questions, you can begin the process of revealing -- and living from -- your true self right now.

Welcome to the journey!

Matt Mannino
Dr. Matt Mannino

Chapter 1

The 10 Major Areas of Life

If you want to manifest the life you seek, first you must understand who you are now.

There are **10 major areas of life**. To be truly successful, you must have peace and prosperity in each of them.

Below you'll find a list of these 10 major areas of life, as well as some critical questions you can ask to discover how you're doing. Use the questions below to help rate yourself on a scale of 1 to 5, where 1 is low and 5 is high, in terms of how you stand in each of the areas.

- 1) **BODY:** Our bodies are our temples. Without a healthy, vital body we suffer, sometimes to the extreme.

GUT-CHECK: Answer the following questions honestly...

Is your body strong? Are you free of disease? Are you full of the energy you need to accomplish your daily tasks? Does your body determine how you feel?

Rate yourself on a scale of 1 to 5 as it relates to your **body**.

- 2) **SOUL:** Here, we are talking about our personal and intellectual growth and mastery of our minds and emotions.

GUT-CHECK: Answer the following questions honestly...

Are you generally aware of your thoughts and emotions, or are they mysterious to you? How often are you held back by fear or doubt? Do you frequently have out-of-control emotional responses that make you sorrowful or ashamed later? Are you plagued by negative thinking? Do you continually pursue knowledge and learning?

Rate yourself on a scale of 1 to 5 as it relates to your **soul**.

- 3) **SPIRIT:** Spirit is our relationship with God and source, as well as our spiritual development.

GUT-CHECK: Answer the following questions honestly...

Do you make a practice of prayer or meditation to connect with God and source? Do you think of yourself in spiritual terms? Do you feel at peace and harmony with people and the world around you?

Rate yourself on a scale of 1 to 5 as it relates to your **spirit**.

- 4) **FINANCE:** Finance is the amount of income we bring in relative to the lifestyle we want.

GUT-CHECK: Answer the following questions honestly...

Are you financially stable and secure or do you always have nagging worries about money? What does your net worth look like? Do you have residual and passive streams of income?

Rate yourself on a scale of 1 to 5 as it relates to your **finances**.

- 5) **CAREER:** Career is the life's work we're committed to, day in and day out, that fuels our financial situation.

GUT-CHECK: Answer the following questions honestly...

Are you fulfilled in your career? Are you doing what you love or just waiting for the day to end? Do you have unfulfilled dreams involving education, training or earned income?

Rate yourself on a scale of 1 to 5 as it relates to your **career**.

- 6) **RELATIONSHIPS:** Relationships are the interpersonal connections we have with the people around us.

GUT-CHECK: Answer the following questions honestly...

What kind of community do you have around you? Are you in a happy marriage or long-term romantic partnership? Do you communicate well with family, friends, and associates? Do you feel free to show up as yourself in your relationships, or do you feel as though you are constantly wearing a mask or trying to please others?

Rate yourself on a scale of 1 to 5 as it relates to your **relationships**.

- 7) **TIME MANAGEMENT:** Time management is how we spend the allocation of time we have been given each day.

GUT-CHECK: Answer the following questions honestly...

Do you get the things done that you want to? Do you struggle with procrastination? Are you in control of your schedule or does it control you? Are you productive when you're working and free when you're playing?

Rate yourself on a scale of 1 to 5 as it relates to **time management**.

- 8) **LIFESTYLE:** Lifestyle is the physical material possessions and resources we have in our lives that enable us to do what we want to do.

GUT-CHECK: Answer the following questions honestly...

*Are you living the way you want? How do you feel about the **tangible** things that fill your life, like home and car, travel and clothes? Are you pleased with what you have, or always wishing for something more?*

Rate yourself on a scale of 1 to 5 as it relates to **lifestyle**.

- 9) **LIFE QUALITY:** Life quality refers to the *intangible* experiences we have in our lives that enable us to feel fulfilled and satisfied.

GUT-CHECK: Answer the following questions honestly...

Do you regularly experience peace, contentment, joy, hope, fulfillment, and happiness? Are you pleased with where you are in life?

Rate yourself on a scale of 1 to 5 as it relates to **life quality**.

10) **DESTINY:** Destiny is our ultimate purpose -- the reason we were placed on earth.

GUT-CHECK: Answer the following questions honestly...

Do you know what your purpose is in this world? Are you clear about the strengths and gifts you've been given? Have you identified a mission for yourself or do you feel like you are floundering?

Rate yourself on a scale of 1 to 5 as it relates to **destiny**.

It is critical to understand how and where you fit in each of the 10 major areas of life. As you begin to clarify who you really are, you clear your personal space, allowing yourself to see possibilities you've been blind to in the past.

In the next chapters we will look at how this happens and the amazing stages you will go through in the journey towards success...

Chapter 2

Why Are You Struggling?

“Men and women are not prisoners of fate but only prisoners of their own minds.” –Franklin Delano Roosevelt

Before we talk about *how* to transform, it's important to understand *from what* we're transforming. Generally speaking, we're transforming from a lived experience of friction, pain, and frustration -- otherwise known as “struggle.”

But why do we struggle?

We struggle because we do not understand ourselves well. We are living from false assumptions about who we are and why we were created. This creates upset and confusion in our thoughts and emotions, which spills over into our lives in general.

This chapter will help you identify negative and false beliefs and patterns that are creating struggle in your life.

The Usual Scapegoat: Limiting Beliefs

If you've been around personal development circles for any length of time, you've probably heard the term *limiting belief*.

To hear most so-called gurus and experts tell it, a limiting belief is what prevents you from creating the kind of life you want. For example, say you want to be wealthy and financially independent. If there's a part of you that believes you are poor, this limiting belief will prevent you from creating the wealth you say you crave.

They assume, then, that the answer is to simply eliminate or reframe the limiting belief...and *voila!* Wealth will come pouring into your life like magic.

...Except when it doesn't.

Right?

You've had the experience of going through all the exercises...doing the meditations, saying the mantras, creating the vision boards, writing the goals. And yet here you are, because what you've tried hasn't really worked.

That's because conventional wisdom has it wrong.

The problem is NOT limiting beliefs.

The problem is something much, much deeper.

On Identity

Let me begin by explaining something you may not understand about your nervous system.

You know that it's there to keep you safe: when you touch something hot, it sends a shock of pain to your hand and triggers a reflex to remove it quickly. When you are in a dangerous situation, it pumps adrenaline into your body to give you heightened awareness and to allow you to fight or flee.

But did you know that your subconscious mind is also part of your nervous system?

This has very profound implications -- especially when we begin talking about limiting beliefs.

Your beliefs reside in your subconscious mind, and they are an integral part of your overall ability to function and perform in the world. Beliefs maintain your self-perception and help you define what you can expect from life -- in other words, they form the backbone of your identity.

Your identity is absolutely critical to the way your subconscious mind and nervous system interact. Your system does everything it can to ensure that you and your reality are consistent with your perception of your core identity.

There's just one problem.

Your system has no idea whether your beliefs are true or false.

So it will protect and defend with equal vigor beliefs that are damaging, and beliefs that are freeing, because your identity is *that important*.

Most personal development systems teach that you have different beliefs regarding various topics, such as health, wealth, relationships, success, and so on. But that's simply not the case.

More accurately, these various life aspects are nothing more than avenues which express the core identity that your belief system is harboring.

The Light Side and the Dark Side of Your Beliefs

All beliefs either express one of the two polarities or dualities of your identity: the light side that represents the highest expression of your true self and is manifest in light, life and love; or the dark side. The dark side is usually referred to as the ego, limiting or self sabotaging beliefs, constraints, contradictions, filters, glasses and any number of synonyms that refer to the contracted, suppressed, distorted, perverted and lower expression of who you are.

Positive emotions such as love, joy, peace and gratitude are always associated with supportive beliefs and the light side of your identity. When the dark side of your identity is being triggered or experienced, this will always be associated with negative emotions or states of being that represent the lower bandwidth of frequencies including anger, fear, hatred and apathy.

This has a very profound implication: every experience, event, or issue you're facing is completely meaningless. In other words, it's neutral. The bad feelings or negative emotions you may associate with a given set of circumstances is actually rooted in the false interpretation you give it. It just doesn't feel good to think badly about yourself!

And *that* is why you struggle.

Chapter 3

Know Yourself

“There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom.” --Anaïs Nin

Now you understand that the reason you struggle is because you’re living a false identity. But how do you begin to unlock your *true* identity? That’s what this chapter will explore.

Virtue: The Core of Who You Are

The word “virtue” has interesting connotations in modern society. We tend to think of it as something that refers to moral goodness -- for example, someone who demonstrates behavior that is true and upright. If you were brought up in a religious household, you might associate it with sexual purity or chastity. Or perhaps you’ve never thought much about the word at all: it isn’t a term you hear all that frequently anymore.

Would it surprise you to learn that virtue actually means strength?

It comes from the Latin word, *virtus*, which has connotations of excellence, courage, worth, and valor. And when you’re talking to me, you’ll find it has even a deeper meaning: Virtue is the term I use to describe your *core identity*.

What do I mean by that?

Think about the word “strength.” When we say that someone has “strengths,” what do we mean? We often use the word *strengths* to contrast with *weaknesses*: “Joe has many strengths, but he has some weaknesses, too.”

Of course, when you get right down to it, **often a person’s strengths and weaknesses are just two sides of the same coin.**

Think about it: a person who is determined can be stubborn; a person who is gentle can be passive;

a person who is energetic can be overwhelming. In your own life, you could probably identify your greatest strength and flip it over to discover that it also carries your greatest weakness. Or if you have an easier time identifying your weakness, flip it over and there you'll discover your greatest strength.

You see, your Virtue is your core strength: that which is the essence of *you*. It is your ultimate truth, your core identity.

As we explored in the previous chapter, having a false sense of identity creates struggle. Conversely, having a solid sense of your true identity opens up doors that you may not now be able to even imagine.

The 9 Virtues

There are 9 Virtues in all, and each person possesses one of them in a way that is more dominant than the others. The 9 Virtues come from the Bible, in 2 Peter 1:5-7:

For this very reason, make every effort (be Diligent) to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love.

The 9 Virtues are...

- 1) **Diligence** -- a sense of joy and a hope for future expectations
- 2) **Faith** -- a sense of safety and pursuit of the unknown
- 3) **Valor** -- a sense of trust and impulse for creative expression
- 4) **Knowledge** -- a sense of understanding and a thirst for wisdom
- 5) **Self-control** -- a sense of power and a yearning for being present
- 6) **Perseverance** -- a sense of achievement and a drive for excellence
- 7) **Goodness** -- a sense of purity and protecting what is right
- 8) **Kindness** -- a sense of appreciation and standing for equality
- 9) **Love** -- a sense of abundance and an agenda for completion

Remember: many of the problems you've encountered in your life have arisen because you have neglected your Virtue and have not been living from that deepest and most essential aspect of who you are. I refer to this as "conditioning." Conditioning is the process where limiting beliefs are formed and we develop defenses and compensations from hurtful childhood experiences. During these emotionally and/or physically traumatic events, our survival mechanism unwittingly develops a repertoire of inaccurate perceptions, distorted self-images and self-sabotaging behaviors that allows us to cope with and remain "safe" in our early environment. Unfortunately, these mechanisms stay with us throughout our adulthood.

It was during these threatening moments that your truth became the lie, your light was dimmed, and you lost sight of who you really are.

Quite literally, it is as if you have forgotten who you are and have been attempting to live someone else's life. When you understand and embrace your true self -- who God made you to be -- you will find that friction, frustration, and lackluster results melt away. Knowing your Virtue helps you discover your strength, so that you unleash your best life possible.

Discovering Your Virtue

A quick word of caution: as you read this ebook, it will be tempting to try to determine for yourself which is *your* Virtue. I encourage you not to do that. Usually, it takes an objective observer -- a mentor or coach -- to help you identify your Virtue.

Many of the people I've worked with who have tried to do this on their own have gotten it wrong. Because knowing your Virtue is such an important step in the journey to transformation, it's very important that you work with a trained third party who can help you identify yours. A misidentification can lead you down the wrong path entirely.

Having said that, the process of discovering your Virtue and healing your pain actually *begins* where most other personal development programs *end*.

With your limiting beliefs.

Expose the Lie

While most personal development programs want you to delete, reframe, or reprogram your limiting beliefs, at Quantum Emergence we want you to *explore* them.

Why?

Let me follow that question with another question.

Remember in the previous chapter, when we spoke about the light side and the dark side of your beliefs?

False, limiting beliefs are not chosen at random, formed by accident, or picked out of a hat by chance. They are always created from a source of light, life and what's real about you. This means there is always truth lurking on the other side of a lie.

When you expose the lie you automatically reveal the truth simply by flipping it over...and the truth will set you free!

Let me show you how this works.

Start with the areas of your life that are causing you the most pain. Look for emotionally charged beliefs about a situation. Once you have identified a situation like this in your life, ask yourself the following questions.

1. What exactly do I feel about the situation?
2. How strongly do I feel the emotion attached to this situation?
3. Where do I feel the emotion in my body?
4. How often does this come up?
5. What negative thoughts and behaviors are usually associated with this state?
6. What is the cause and effect relationship between my thoughts and beliefs and my current reality?

As you do this, you'll discover that all false beliefs lead you to a sense that you are...

1. Not valuable, worthy, or significant
2. Not loved or lovable
3. Alone and disconnected

The deeper the falsehood, the more overwhelming and overriding these states of being are. In addition, you may experience one or all three of these stages to varying degrees.

But as you go deeper, to the more difficult areas and most painful falsehoods, you'll begin to notice something amazing.

You'll begin to be able to *name* the falsehood, thus exposing it.

When you do that, you've won.

You see, the falsehood is the dark side of your Virtue. Now you can flip it on its head and reveal the light side.

Suddenly you'll discover that you have profound and life-changing insight into your true Virtue and who you really are.

The Truth Will Set You Free

This will allow you to heal, once and for all, the limiting beliefs that have been plaguing you in each of the 10 areas of your life.

Or, to put it another way, **the only thing that can truly heal, complete, and correct falsehood is becoming consciously aware of your Virtue and true identity.**

The complete healing process involves becoming fully aware and addressing of all four components of the limiting belief and where they came from. These four components are:

1 - Memory. The past emotionally charged traumatic event that formed the limiting belief.

2 - Emotion. The energetic and physiological component of the experience that got linked to the memory and gets trapped within the body (cellular memory).

3 - Meaning. The interpretation of how that event defined you as a person based on the dark side of your Virtue (because it felt bad it must mean something bad about YOU)

4 - Mechanism. The unconscious ways of thinking and behaving throughout life that attempts to hide, override or diminish the pain of the lie that the limiting belief forces you to accept about yourself.

Armed with the truth, you'll find that you're FREE. Can you imagine anything better?

Chapter 4

Manifest Your Happiness

“To love what you do and feel that it matters – how could anything be more fun?” –Katharine Graham

Once you’ve identified your Virtue and laid to rest lingering limiting beliefs, you’re in a position to manifest your destiny.

Much has been written about the Law of Attraction -- though many “experts” misunderstand it deeply. The Law of Attraction is activated and sustained at the subconscious level of thought and frequency. Even though that is a theoretical concept, the scientific principles that form the basis of this thought should be considered first. Let’s take a very brief look at some of these laws which include:

- **The Law of Vibration** -- Einstein said everything is energy in his famous equation, $E=mc^2$. This is echoed in the 1st Law of Thermodynamics that says energy is neither created nor destroyed; it simply changes form. Thus, seen matter and unseen energy are the same thing. What determines whether energy remains unseen or shows up in the physical realm is its frequency of vibration.
- **The Law of Resonance** -- Resonance can be defined as initiating and amplifying a vibratory response in a receiving system that is attuned or seeks an equal vibrational signature within an emitting system. In other words, resonance looks for like frequencies from different sources and matches them up.
- **The Law of Magnetism** --The phenomenon of attraction or repulsion between various substances due to the motion of electrically charged force fields. This is the part where transmutation of energy occurs when the frequency of your thoughts become strong enough to draw into your awareness/physical presence things with like frequencies from your external environment i.e. money, people, opportunities, etc.

So now back to the theoretical discussion of the Law of Attraction. Based on the above precepts, human thought falls into and is subject to these various laws. Subsequently, it is able to transmute into different and varying forms, become associated with other like frequencies and ultimately unite and coalesce into a physical experience with them. In essence, this is a more scientific way of saying, “What you think about you bring about.”

What is so often missed in the personal development world is that the most dominant human frequency is the thoughts of the subconscious belief system; NOT a conscious want, need, hope, or desire. In addition, your belief system NEVER stops thinking. Consequently it NEVER stops attracting. And as we discussed earlier, you have both supportive beliefs and limiting beliefs within your subconscious mind, which is why you attract both positive and negative events to you. So one of the goals of your personal growth should be to cancel out those low bandwidth negative frequencies of your limiting beliefs in order to eliminate the CAUSE of those hurtful, painful, stressful life experiences

Ultimately, the only thing that truly neutralizes frequencies that are attracting negativity to you is the equal and opposite frequency of your Virtue -- your *pure electro-magnetic signature*.

When other personal development programs try to get you to “reframe” or “eliminate” your limiting beliefs without helping you access the core truth of your Virtue, all you are doing is attempting to override the frequency of the existing belief without really eliminating it.

When you know your Virtue, on the other hand, results are immediate.

After all, as soon as your frequency changes...so does your reality!

Enjoy the Fulfillment You've Attained

Once you've unlocked your Virtue, you can enjoy the fulfillment you've attained, simply by remembering these simple practices.

- 1. Gratitude.** Be just as grateful for the things that are being manifest as you are for the things that are already present in your life.
- 2. Peace.** Experience a peace that surpasses all understanding knowing it is done and there is nothing else for you to do.
- 3. Surrender.** Detach yourself and let go of your preconceived notions and attempts to control what change will look like when it shows up.
- 4. Trust.** Know that God's best always exceeds your greatest expectations and wildest dreams.

The fact is that you already have everything you need within you to live the life you were created for, it just needs to be released! Your true self cannot be improved or diminished, as it is a perfect expression of God's love within you. When you have a deep knowing of who you are and why you are here, there is no obstacle you can't overcome. Things that you have always known unconsciously about yourself will suddenly become clear, and life patterns will emerge. Living your life through your true self is what God intended. Learning your specific Virtue doesn't put you in a box. Instead, it shows you the box you are already in... and the way out!

Remember: YOU were on HIS mind long before you were in YOUR body!

Put it All Together

We're nearing the end of our journey together. But since we've covered lots of information in an incredibly short period of time, I want to summarize what we've learned, to be sure you understand the most critical parts.

This way, you can be **empowered in your life** to make the critical transformation you've been dreaming of.

First, I hope you realize that YOU are responsible for your own destiny. You *can* manifest the life you were created for. It is possible. Every day, people break through the struggle into a wide-open world of endless possibilities.

In this ebook, I taught you powerful principles and strategies that can help you along the way...

- What the 10 major areas of life are -- and how to evaluate yourself in each one...
- Why you're struggling to manifest the life you want in each of the major areas of life...
- What Virtue is, and why it's so important...
- The 9 Virtues and what they mean...
- How to identify the false, limiting beliefs that are inhibiting your success...
- Why each limiting belief is masking a deeper, more profound *truth* -- and how to let the truth set you free...
- How understanding your Virtue immediately begins to attract goodness into your life...
- Practices that will help you live joyfully and abundantly

Get the Support You Need to Begin Your Journey

No one can transform alone. In order to reach the results you want and discover your Virtue, you need the support of like-minded and like-hearted people...people who will support you every step of the way.

What's more, there is profound benefit in having a mentor or coach work with you as go through this process. A coach can provide you with insight and feedback to help you see clearly where you've been, where you're going, and what your next steps are.

I wouldn't be where I am without the support of a handful of associates, mentors, and coaches who have made a lasting impact on my life. I believe this is part of the divinely-given process: we are blessed and experience growth, so that we can then help others discover *their* blessings and experience growth. Those further along the path help us, while we reach out and help those who are now where we once were.

I believe we can revolutionize the world this way.

That's why I'd like to invite you to experience a **Beyond Breakthrough Coaching Session**. This is a completely complimentary, 30-minute, one-on-one session with one of my certified Source Elect coaches. During this session, you'll be guided through a very powerful energy clearing session, guaranteed to vanquish and eliminate the energetic and emotional charge you may be experiencing around a current life situation, issue, or event. If you recall, negative emotion is one of the four aspects of a limiting belief. The outcome of this session is that you will feel as if a weight has been lifted off your shoulders and that you have an increased sense for problem solving, creative thinking, and the ability to see your situation from a more productive perspective. How is that for time well spent!

Again, there's NO cost and NO obligation for this **Beyond Breakthrough Coaching Session**. It's your chance to get some powerful coaching and mentorship on your journey.

To request your Complimentary **Beyond Breakthrough Coaching Session**, simply click the link below.

<http://quantumemergence.com/free-session/>

I look forward to speaking with you soon!

In purpose,

A handwritten signature in dark ink that reads "Matt Mannino". The script is fluid and cursive, with the first letters of "Matt" and "Mannino" being capitalized and prominent.

Dr. Matt Mannino