



**LIFE GAME
ENTERPRISES**
presents

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presents

HEART MASTERING

**The Process of Integrating
Body, Mind And Spirit
To Achieve Self Mastery**

Individual Counseling Conducted by

AM ROSEN, N.D.

***“My job is to empower you. To show you
what consciousness is, how it’s
constructed, its interactive range of motion,
and how you can access and control it for
yourself.”***

AM ROSEN teaches HEART MASTERING!

THE PROCESS

***Step One:* DECONDITIONING**

The premise: Most people are at war between what they **think** and what they **feel**. They try to reconcile their confusion with rationalizations. For example: ‘It’s not that I’m not okay (right, happy, normal, whatever...)... It’s just that if I didn’t have to put up with this, and she would be this way, and he wouldn’t do that... In other words: ‘It’s just that if things would go the way I’d like them to, *then* I would be happy.

Excuses... Avoidances... What you’re doing is *rationalizing*. Who you are rationalizing to are the negative feelings you have. So that no matter how much common sense logic you make, or how psychologically brilliant, or even scientifically validated your thoughts are, you still feel tormented.

Your feelings were conditioned into you as a range of response to stimulus, before you’re intellect was in place to screen out or defend you. For instance, when you’re one or two, you don’t say: ‘Mom, Dad, all this stuff you’re laying on me is interesting, but cool it for twenty years— I want scientific proof and at least a valid second opinion.’ Rather, you take it in *body* and *soul*.

You’re not born thinking. In order to think you have to learn to associate symbols in your intellect with objects (e.g., mom, dad, dog, cat, house, etc.). By the time you can even begin to self-consciously associate, and take that quantum leap to recognize and begin to process yourself as a symbol— ‘*I’m a boy; or I’m a girl... I’m me...*’ You have an intense four and a half years of conditioning that was put upon you when you were extremely impressionable, very dependent, and you can’t quite remember what happened.

After that, as your intellect comes more on line, you might start to think: ‘*I see what you mean, but I could also do it this way. I’d rather do it that way.*’ That’s when the war starts between what you *think*, which is more in keeping with your own inclinations, as opposed to the limitations which have become subconsciously locked into your *feeling level* of response.

“Feelings” are irrational, illogical, and unreasonable.

The only *right* of feelings is fulfilling whatever their conditioned programming is.

The only *wrong* of feelings is in not fulfilling their conditioned programming.

Even if that programming is debilitating to your body, debasing to your intelligence, and demeaning to your spirit, once a pattern has been set in place—

until it is consciously **deconditioned**— the only time you will feel right is when you're debilitating, debasing, and demeaning your potential as an individual. While, if for the best of reasons, you try to defy these subconscious feeling patterns, they will censor you through the body. Talk about *gut emotions*— regardless of what you may think, or suppress yourself from thinking, your “feelings” register through your visceral organs and affect the integrity of your metabolic vitality.

The Purpose: The three deconditioning sessions are designed to *permanently* break the grip of your subconscious imprinting. They bring the way you feel— your ability to respond to stimulus —back under the conscious control of your intellect; rather than the intellects that programmed you before you could consciously think and defend yourself.

After these sessions, if you really understand, and can make sense out of what you're dealing with, your feelings will adapt around your thought processes, which can also help to bring your body into complimentary alignment with your mental dynamic.

You can change the way “*you think you feel*” countless times— But you will still feel the same way. You're just rearranging your thoughts around your feelings. However, when you can change your feelings at their *source*, then everything changes for you.

These sessions are non-regressive. When they are done, they're done forever.

*Session One: **Self Worth***

This session deals with the prenatal and post-natal experience. It deals with your relation to your mother and to ‘*The Mother.*’ It also deals with the sleep state and the dreamworld.

The object of this session is to get you to feel that you are loved! Not just think that you ought to feel loved. Rather you'll actually, organically, and intrinsically feel that you are blessed, that you are deserving of the best in life.

Then you will stop feeling the need to punish yourself by subtle denial.

*Session Two: **Fearlessness***

This session deals with getting rid of fear! Getting rid of that deep, unknown primal sense of dread that lurks in the back of everyone's mind.

The object of this session is to eliminate the automatic subconscious mechanisms that have compelled you to sabotage your opportunities, which have been holding you back from going after what you really want. For instance, if you become capable in one aspect of your life, too often you may feel compelled to mess up a different aspect of your life, thereby keeping you from taking full advantage of those places where you are competent. This session eliminates the need for this kind of *tradeoff*:

Therefore you will feel quite comfortable accessing everything that is available to you and utilizing it to your heart's content.

*Session Three: **Sexual Freedom and Personal Power***

This session deals with the relation to your father, and *'The Father.'* It is designed to break the subconscious grip of any patriarchal structure that holds tyrannical dominance over the way you feel.

It will liberate you to feel, organically and intrinsically, that you have your own power. That you don't have to go through someone or something else to access your power.

Whereas it's nice to be with someone because you want to, it's lousy to be there out of compulsion.

Also: with men, it is to get them *to stop feeling afraid of women.* That's why men tend to intellectually over structure; it's their form of avoiding what they're afraid to feel (i.e., powerless).

With women, it's to get them *to stop feeling the need to hate and resent men.*

They have their reasons, but it's not helping them or anyone else.

And with everybody, it is to empower them to feel beautiful about their sexuality regardless of whether they choose to indulge or not indulge in their erotic potential. Now people may say: 'I like sex... I want sex... I enjoy sex...'

But after thousands of generations of being conditioned to feel that if you have a good time you're a bad person, people have come to say: 'Well screw you. Then I'm gonna be bad and have a good time.' Or: 'Okay, then I'll be good and stay miserable.' So the reference to eroticism has become down and dirty, instead of evolutionary and transformational.

Step Two: RE-PATTERNING

The premise: After completing the *First Step*, you will begin to feel free to do what you've always thought you wanted to do. Only to find out that it isn't what you really wanted— Instead you realize you've been compensating for what you "felt" you couldn't or shouldn't do.

Even though your feelings are now open and yours to redirect, all the old inadequate patterns of behavior that you had previously created are still in place. Even though you have deconditioned your feelings and can make reasonable sense out of a situation, if you become thrown off kilter by stressful circumstance you may revert to your old emotional patterns which still orient you subconsciously, and could take over and irrationally direct your perspective. Thus the need for *re-patterning*.

The Purpose: This is lifestyle management. Now you will reevaluate your goals and methods. Where did your patterns of response come from? How effective have they been in fulfilling your needs? What would be a more appropriate way to facilitate a greater and more satisfying range of motion in the various areas of your life (i.e., health, friendship, romantic intimacy, business, etc.)?

Sessions: These lifestyle reorientation sessions are taken on an ‘*as need*’ basis. One may be sufficient; or several may be required. As with all steps in “**The Process**,” the goal is to empower each person to become secure within themselves, at ease within their social interactions, and expansive within the actualization of their own unique potential.

Step Three: **TAKING CONTROL**

The premise: Most people do not understand how consciousness processes. Rather than having the control over their mental apparatus, inwardly they are emotionally pushed around and tormented by the waywardness of incessantly conflicting thoughts and primitively destabilizing feelings; with the health of their bodies taking a beating. If you don’t understand, yet *insist* that what you ‘*feel*’ and ‘*think*’ is true, you inwardly experience distortion in the form of confusion, anxiety, doubt and fear. In an attempt to compensate for inner discomfort, we armor ourselves. We become dull, coarse, gross and desensitized in a defensive effort to assert our supposed ‘*rightness*.’

*Your real security as a human being comes when you can move, **at will**, in and out of your senses, feelings, and thoughts; when you can access and/or combine them to any degree or combination you choose, only for as long as you choose... Or when you can stay consciously centered in the moment, exquisitely aware of what is going on, without being compelled to label, judge, or associate... Only then, you are in control; so that when given the chance to ‘*play*,’ you will play as much as you want, because you are no longer afraid of being trapped or cheated.*

The Purpose: This session(s) will introduce you to the truth of your Self. You will learn how to move beyond the self-imposed limitations of your Ego, and consciously access **Fourth Level perception**.

From Fourth Level perception you will learn how to secure and protect yourself; how to center and stabilize in the moment; how to sort out and unwind emotional fixations; how to take control and rewire the first Three Levels of perception; how to safely explore more expanded states of awareness and functionally integrate them into your everyday life.

This session(s) will give you the tools to access and understand every psychological, philosophical, metaphysical and esoteric system of thought that has ever existed.

Session One: ***Open Heart***

This primary session will introduce and orient you to Fourth Level Awareness. With this session comes an introduction into the first two levels of the Meditative Arts; along with a variety of techniques for approaching these more expanded levels of perception. With this session your heart becomes *open, sealed and protected*.

*Session Two: **Securing The Center***

According to your needs, follow-up sessions may be taken whenever desired to help workshop and refine your skills in various aspects and techniques of meditation.

*Session Three: **Regaining Control***

When you have attained at least a rudimentary proficiency in recognizing and accessing Fourth Level awareness, this session will teach you how to trace down any conscious thought or subconscious feeling to its point of origin and break its automatic response grip over your nervous system.

*Step Four: **REPROGRAMMING***

The premise: The saying that "old habits die hard" is undeniable. Now, even though your feelings are back under the control of your conscious intellect, you still remain trapped in recycled patterns of negative thought and action. Why? Because these 'patterns' are all you have ever known. You originally constructed them as a reflex defense against the negative feelings that had been conditioned into you. As such, these **anti-negative thought patterns** which you had formed to keep at bay, those negative feeling patterns which held subconscious dominance over you had actually seemed positive and protectively comfortable.

However, now that you have access to a more expanded range of motion; now that you're divesting yourself of primitive emotional drag-lines that so distorted your awareness and drained your vitality; you can and will replace these ineffective thought patterns with ones which will facilitate your potential in every aspect of your life.

It is one thing to think about being happy, peaceful, vital, etc. It is quite another thing to set and reset the mental coordinates, at will, so that these thoughts *actualize* through your feeling responses and physical vitality.

This *reprogramming* will assist you in retraining yourself toward optimal functioning.

The Purpose: You are going to learn how to intellectually construct whatever *thought forms* seem appropriate, focus them as an orientation through your feelings and senses, be it for two seconds or twenty years, change them anytime you find a perspective that makes more sense, and have them take effect.

Sessions: The first session will make you aware of how *anti-negative thought processes* are keeping you stuck in patterns of response you no longer need. You will come to understand how the intellect developed, and why you are fixated at a particular way of viewing yourself and everything else. Most importantly you will learn to

reprogram your thought processes, at will, change them anytime you make more sense, and have them take effect.

One session will provide the insight and basic technique. Follow-up sessions may be required at the student's inclination to help workshop the technique into fluency.

Step Five: **EXPLORING**

The premise: The more you center your awareness and stabilize in the moment, the more exquisitely you perceive what's going on within and around you. From this heightened, more illuminated perspective, you refocus back through the mechanisms of your ego, willfully projecting through your personality to reorient your life in ways that are more appropriate and effective in facilitating your personal satisfaction and self-fulfillment.

In turn, the more effectively you handle the particulars of circumstance, the more your awareness becomes liberated for further exploration of more expanded spatial relations and energy flows.

According to your inclinations and current level of accessibility, newer ranges of motion are becoming available for you to explore and incorporate into your daily life. This new territory of awareness requires the appropriate insights, skills and techniques that will allow you to safely and effectively expand and integrate heightened states of awareness.

The Purpose: It is time to learn *the language of the Heart*. The Ego is dominated by intellectual based *symbolism*. The language of the Heart is the *direct experience of spatial relations and energy frequencies*. You are now learning to take the co-creative position between that which you have dominion over (i.e., the levels of awareness dominated by senses, feelings and thoughts) and those more quantum and extra-dimensional modes of awareness which, so far, to some degree, have dominion over you. The emphasis is always on personal safety and effective reintegration into your continuously unfolding psychological wholeness.

For those who are interested in exploring more expanded levels of awareness, the sessions are designed to help facilitate the development of your own unique potential. So that you can share in the insights and techniques of past and contemporary teachings, extract what is workable from them, and integrate them into the expansion of your individual path.

These sessions are pathways through and beyond the Fourth Level awareness of the Heart.

*Session One: **Understanding And Peace***

In this session you will learn to stabilize in, operate from, and redirect the aspects of your life from Heart Centered, Fourth Level awareness. *This is second level meditation— **walking meditation***. Now the quality of awareness associated with

meditation becomes constant, and is overlaid as a superstructure on all prior states of awareness. This is the *pathway to the Heart*.

Session Two: **Love And Compassion**

Your ability to expand into higher levels of perception depends on your purpose for integrating your discoveries into the apparent reality of your existence. What draws you to the next level is *love*; what grounds you into existence is *compassion*. Through love you will be drawn to greater access; through compassion you will draw those in greater need to you. Here you will gain insights for balancing the seemingly solitary journey of inner expansion with the social refinement of outer expression. This is the *pathway through the Heart*.

Session Three: **Joy And Ecstasy**

Awareness precipitates energy (formless potential). Energy precipitates matter (functioning form). Balancing the existential equation that recycles energy and matter is *awareness*. As you stop identifying with energy and matter, conscious awareness expands. Not identifying with either energy or matter, gives you more access to awareness and more control over both. This sublime positioning of perspective is a delicacy which makes the heights of orgasm seem common. To gain such access affords great privilege, while equally requiring great responsibility (i.e., the ability to respond). The impact on the body and psyche are unique, constant and non formulaic. Here you must learn to navigate without becoming lost and dispersed by overwhelming pleasure. This is the *pathway beyond the Heart*.

OTHER SERVICES

One: **HEALTH CONSULTING**

The Premise: There are basically two approaches to health: (1) eliminating debilitating pain and physical imbalance; (2) safely and effectively expanding the quality of physical based vitality.

Health is not the absence of pain and debility.

Health is the readjusting optimal functioning of all biophysical systems individually integrated with the particulars of your temperament, intelligence and cultural environment. Health is not where we're going; rather, it is the invaluable means to fulfill human potential.

To achieve this, health utilizes the best of available science and technology.

However, considering the ever-shifting interplay of senses, feelings, thoughts and

environment, health is the applied art of adjusting each individual to their optimal potential.

The Purpose: First off, we (i.e., you & I) need to determine just how effectively your metabolic systems are functioning: how well you're digesting and assimilating nutrients; how well you're eliminating toxins; what you have excesses or deficiencies of in your body; and what kind of strains and imbalances this has placed on the various processes of your mutually interacting organs, glands, and various metabolic systems.

Then we need to determine a course of action which will enable you to cleanse, build, regenerate and re-balance your metabolic integrity. This program must take into consideration your current physical, emotional and mental condition; as well as your expenditure of energy as related to family, business and social circumstances.

During this health building process, some aspects of your physiology may release and realign easily, while other aspects may require more active and determined facilitating. Physical and/or emotional problems that you may have experienced earlier in your life may suddenly resurface as your body attempts to push through and expand its range of motion. Part of my job is to keep these cleansing-regenerative processes from becoming exaggerated into a "healing crisis."

To help facilitate these changes we will employ appropriate nutritional supplements, herbs, homeopathic supports, diet, and body manipulation.

Part of my job is to educate you: It is your body and your mind. The only way you will achieve the kind of vitality you've been seeking is to understand how you metabolically function so that you may direct the kind of results you desire.

Once the basics of health have been established and homeostasis is regained, then it becomes a consideration of **how good you can feel...!**

How safely and effectively can you increase your vitality, stamina, and mental energy? To go beyond the normal requirements of physiological maintenance requires you to learn how to consciously interact and guide the various aspects of your metabolism.

Session One: This initial two hour session involves an analysis and evaluation of your present state of health, which will be thoroughly explained to you. Then a programmed course of action will be suggested to you to help you rebuild your health.

Sessions Plus: On the average a one hour update will be required every four to five weeks over the next three to four months. These sessions will be to evaluate progress and make appropriate changes.

Depending upon the state of health of each individual, additional sessions may be required.

After basic health is re-stabilized, future checkups, updates, and expansions will be taken by each person according to their need.

Also: Various forms of neuro-muscular, visceral and/or cranial balancing may be taken according to each person's need and inclination.

Two: THE EROTIC ARTS

The premise: Sex and love are different; they are best when you can combine them. In order to combine them you must understand what each of these states of mind is. Since the quality of everything you experience is determined by your state of mind, we want to examine the *lover's state of mind*— what it consists of and how to access and utilize its various processes.

When you reach for the rewards of beauty and vitality that are inherent in intimacy, whatever is in the way will have to be made conscious and dealt with.

Not knowing how to deal with the subconscious demons of guilt, shame, fear, and resentment which make us feel so inadequate, we push the “*other*” to a seemingly safe, non-confrontational distance so we won't have to encounter our own insecurities.

The Purpose: Sex is a means of accessing and leveraging your energy and consciousness. You can be half dead, drugged, and hypnotized and have sex; you can be kept unconscious and sedated, yet without your knowing still participate in sex. Sex is an act!

Making love— combining sex and love —is a highly evolved conscious art. The more conscious you become, the more potentially exquisite becomes your participation in the erotic flow of energy. We refer to the mutually successful, conscious combining of sex and love and *erotic intimacy*.

The three components of erotic intimacy are: (1) *chemistry*; (2) *compatibility*; and (3) *communication*. Communication skills are what hold together and allow chemistry and compatibility to expand and transform. Unfortunately most people have never learned to communicate directly with their self, much less with another.

In these sessions individuals, whether or not in a relationship, learn how to assess their own needs and inclinations, remove blockages, and expand their range of motion. They learn how to achieve heightened pleasure through sexual responsiveness and how the subsequent increased flow of energy effects their own mind and body, as well as that of their lover.

Sessions: These are taken according to the individual(s) and/or couples need. Compatibility will be analyzed; communication skills will be developed; techniques for accessing, heightening and accelerating sexual chemistry will be implemented; appropriate approaches for facilitating a lover's lifestyle, with all things considered, will be devised.

I give the best homework around!

Note: All counseling sessions are by appointment only.
The price for these sessions are charged on an hourly basis.
For more information on counseling and / or to make an appointment, please contact:

AM ROSEN

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