

What's in the program, then? The program is split up into 4 sections:

(1) FIRST: It's best if you start the course/program here – this script/video/audio, and other introductory guides (in audio/video/PDF formats).

You'll find an audio/video introduction to the Inside Out Understanding, too.

(2) INTRODUCTION: Then I introduce you to the “happiness within” – explain what I mean by it.

You'll find guides in video/audio and PDF formats, including:

- **“Free and Easy” (Song/Poem)** by Lama Guendune Rinpoche in audio/video formats – a quite wonderful, and succinct illustration of the “happiness within”
- **10-Minute-Blast** – a module-related ‘stream-of-consciousness’ free-form writing

(3) 7 MODULES: The main part of the program is then split into 7 modules, with each containing:

1. **VIDEO/AUDIO: UN-SCRIPTED** (free-form, from the heart) ~ 10 minutes
2. **AUDIO/VIDEO** (lesson/meditation – includes script) ~ 10 minutes
3. **EBOOK: 10-Minute Blast:** short written lesson/meditation (from the heart, un-edited)
4. **EBOOK: Homework Opportunity** – designed specifically to allow you to “see/feel for yourself” what's been covered in the module

(4) BONUS MATERIALS: you'll also find a further reading guide, and more bonus materials.

- **EBOOK: Further Reading Guide** (PDF) – further suggested reading (blog posts etc.)
- **EBOOK:** Invitation to ‘Forget Everything’
- **EBOOKS:** Steve's 4 (Remembering) “Happiness Formulas”
- **VIDEOS/EBOOKS: Facts, Formulas and Final Thoughts**

How to get the best from this program

NOTE: The words that follow are inspired by my own experience of participating in the training programs of others, in particular those of Michael Neill (Coaching from the Inside-Out, Living from the Inside-Out and the 2014 version of his 9-month international training, Supercoach Academy). And in the PS I 'borrowed' the words from Kyle Cease's introduction of a recent Evolving Out Loud program.

So, how to get the best out of this program?

Quite simply:

- Listen for a “feeling”, first and foremost, or an insight or an “aha!” moment – because that ‘feeling’ IS the “happiness within”.
- And you’ll get out of this program what you put it into it. (Clichéd but true.)

Yes, no matter how expensive or cheap or prestigious or modest the training is that you undertake, it will only be useful if YOU ARE IN IT, and you are participating (showing up).

So this means lose the distractions. It means watch the videos, read the scripts, do the exercises etc. It means SHOW UP (and listen!).

Because when you show up, you can then respond to what shows up (in you) afterwards. If that makes sense. Put simply,

- training + you involved = training works
- training - you involved = no training happens

It all depends on YOU. Yay! So, please find a way to show up, eh.

Thank you,
Steve

PS I created this program for my own benefit, first and foremost. A “Teach what you want to be reminded of”, kind of thing. But I do want YOU to finish this. So please consider that your investment in this program was \$500 or \$5,000 rather the much lower fee you paid. And move as if you're all in... SHOW UP! ☺

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