

waking world, a parallel universe, the endless worlds of the dreamtime, etc.) your consciousness is currently focused on, to get optimal results.

I've met many White Coats in various metaphysical-type workshops (remote energy healing, shamanism, etc.). Their world is rocked and forever changed when they cross that line from thinking to knowing through direct experience. This experience sends them into crisis mode because now they must reconcile in their head, heart, and soul spending all those years in school, investing all that money in their education (and massive student loan debt), and basing their entire identity on being a medical professional with a practice that sees or has seen who knows how many patients during their career.

After a weekend workshop that probably cost around \$500–\$2,000, they've had a life-changing epiphany and must face going home to their family, friends, peers, clients, and patients. Once you know, you can't not know, so they must choose to either go back to doing what they now know doesn't work and may cause more harm than good or make fundamental changes in their career and life.

I've personally seen many medical professionals have an existential life crisis in these transformational workshops. Everyone who attends is transformed, but these specific professionals who've invested so heavily in their education and careers have their model of the world *obliterated* and are forced to face life-changing decisions. The kind of people who attend these educational events want to serve humanity in the best way possible, and when faced with this new reality, it's monumentally paradigm-shattering.

Selecting Your Teachers

If a teacher hasn't done or isn't currently doing what they claim to be an expert at, why would you give them your hard-earned money and precious time to work with them? Have you ever considered that?

If you're searching for a person to help you with "ABC," and Joe has experienced ABC; studied, mastered, and taught ABC; and truly knows ABC, then Joe is potentially an appropriate teacher or coach who will be helpful for you. If someone is charging thousands of dollars for their billionaire-maker program that will make you a billionaire, you only need to ask them one

question: Are you a billionaire? If not . . . why not? Why aren't they using their amazing program for themselves? If they're a "thousandaire" or a "hundredaire" struggling to survive, ask yourself why they don't use their extraordinary billionaire-making program for themselves. If they aren't, it's because their program doesn't work and will more than likely be a waste of your precious time and money.

When seeking out a teacher or before signing up for a workshop seminar, the best question is, Does this person walk their talk—have they had direct experience(s) and therefore know and live what they teach? If the answer is no, why in the world would you give them your hard-earned money, as well as your priceless time and attention? Thinking and believing aren't the same as knowing. Just as having a degree or license doesn't mean they're knowledgeable. It only means they passed enough tests to qualify for that piece of paper. I know a lot of educated fools, so be wary of empty claims of excellence. Most of today's self-labeled "influencers" are egomaniacal and delusional people seeking attention who have no valid knowledge or expertise.

If someone claims up-front that they haven't experienced a certain event/technique/experience and are just sharing their opinions about what they know at this point, then that's something you must factor in when considering studying with them. Sometimes these individuals are useful to get you to the next step in your journey. Discernment is vital when choosing a teacher, guru, therapist, or coach. It's on you to do your homework, and if you can't find accurate information about a potential teacher, that might be a red flag to pay attention to, and you might be better off finding someone else.

Another great piece of wisdom is never confusing the teachings with the teacher. Human teachers are just that—human. We all make mistakes and have limitations, which doesn't stop people from having astonishing insights that can help us in many ways. If you later find out a teacher does (or has done) something that goes against your values, you don't necessarily need to throw away the lessons learned from studying with them. If they have a ten-point program and only three things work for you, keep the three and lose the rest. (Or maybe keep those other seven in a folder because you never know if they'll come in handy later.)