

# Internalizing Success

When you look at these  
pictures what do you SEE?



Average Read Time ~ **17 minutes**

Serves ~ **3 people + YOU**

**0 calories**

ARRT Mentor ~ \_\_\_\_\_

My Name ~ \_\_\_\_\_

ARRT Buddie #1 ~ \_\_\_\_\_

ARRT Buddie #2 ~ \_\_\_\_\_

## Ingredients

- Our MIND Thinking Differently
- Serotonin ~ Using our sleep to think
- Dopamine ~ LEVERAGE good emotions
- Glutamate ~ Improve learning & memory
- Noradrenaline ~ Improve good stress

## Preparation

1. **Think Differently** ~ Have you ever wondered if others were delusional? Have you started to think of yourself as maybe being insane?
2. **Serotonin** ~ When we properly internalize things we become like small children who seem to activate this chemical when they sleep, which gives them better sleep, improves how their mind functions, increase arousal and improves mode?
3. **Dopamine** ~ Proper internalization LEVERAGES this chemical in our brain improves our behavior, emotion, cognition, pleasure and reward.
4. **Glutamate** ~ Develops our brains, cognition, learning and memory.
5. **Noradrenaline** ~ Think differently about stress, learn when to fight and when to fly and natural cure certain illnesses.

## Tips

While we are dealing with the brain, we're not talking brain surgery or rocket science. We don't need an expert, a doctor or really anyone besides our ARRT Mentor and 2 ARRT Buddies to apply what we will learn in this white paper.

## Do you ever wonder if people around you are clueless / delusional?

## What does delusional thinking have to do with internalization?

It seems . . . there may be a good type of delusion and a bad. What's the difference?

When you think about men and women who have accomplished great things, almost always, without exception, no one believes they could what they have internalized to do.

## Mind Pathology

Mind Pathology is really a simple concept in that it's "How we think." From the time we were conceived to where we are today, we have created a mind path, a way of thinking.

Have you ever had someone say "I get what you are saying." or maybe "I understand," when you're pretty sure they really don't?

Much of our mind pathology comes from the frequency of our personality while other parts of how we think come from our parents, friends, teachers and other people of

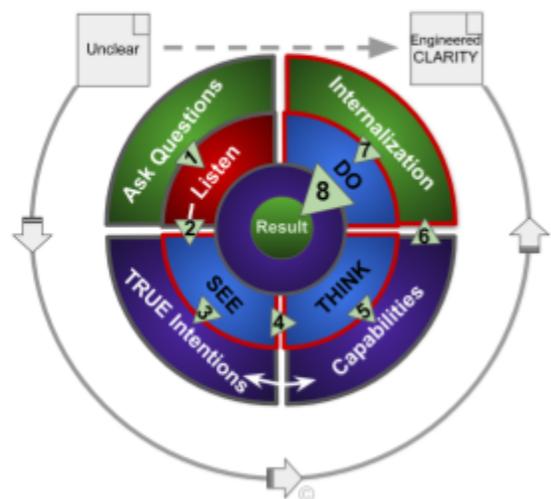
influence in our lives. Often people think they know something, when they really do not and even more weird, they often know things they don't think they do? Strange . . . right?

## Changing Our Pathology

Changing how we think, how the chemicals respond in our brain may be one of the hardest things for a human being to do.

In this white paper we will use The Discovery Learning model along with **Engineered CLARITY** model to assist you to change your mind pathology about stress, success, failure, knowledge hope and/or any other mind pathology.

## Engineered CLARITY



In our decades of research in this, The **Engineered CLARITY** model is not only the easiest to understand but also the most comprehensive.

10 pretty simple words and 8 steps make this model so simple, a young child can understand and follow it.

There is good stress and bad stress, good cholesterol and bad cholesterol, good guilt and bad guilt.

Good Delusional Thinking is SEEING possible good things which will change our lives and the lives of people around us and Bad Delusional ... well ... not to be mean but being clueless. If we have bad delusions it takes invaluable mental bandwidth away from good delusions.

### What are some GOOD delusions you have?

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**What are some BAD delusions you have?** NOTE: We will need help from others on this as we obviously do not know where we are delusional. :-)

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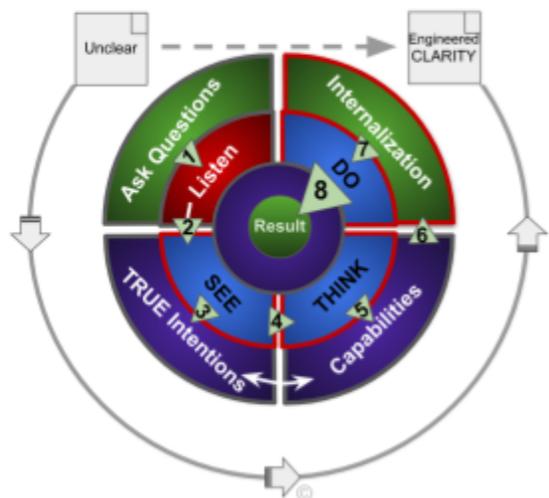
Now ... when we ask people where they think we are delusional, most likely they will not tell us the truth. Honestly, they don't want our drama.

When they share where they think we are delusional, say to them, "Hmmm, that's really interesting, tell me more." DO NOT become and say, "That's not 100% true." Very few things in life are 100% true or 100% false but a wide variation between 1% and 99%. Individuals who like to make things black or white, tend to either be manipulators or have a mind pathology that may be a bit lazy.

### Directions

Stephen Covey shares, in 7 Habits Of Highly Effective People, "Start with the end in mind" which is where we will start. The center of the model is the "Results" we will obtain.

### Engineered CLARITY



## Step 8: What “Results” Do I Want?

To achieve what you want from reading this white paper . . . well . . . you first need to know “What do I want?”

The white paper was conceived in the mind of The Wizard to help people “INTERNALIZE” things to be better students in life AND to learn how to not be delusional.

Think into the future and what do you see your life being with CLARITY. Can you clearly SEE what your life will be like? Do you HEAR what you / others are saying, FEEL what your feelings are and the feelings of others are? Talk with our ARRT Mentor (see Q&A) if needed and write down all the thoughts you have in our hardbound journal.

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## Step 1: Ask The Right Questions?

Go back to the GOOD & BAD delusion question and revisit it to see if we or others around us come up with something different.

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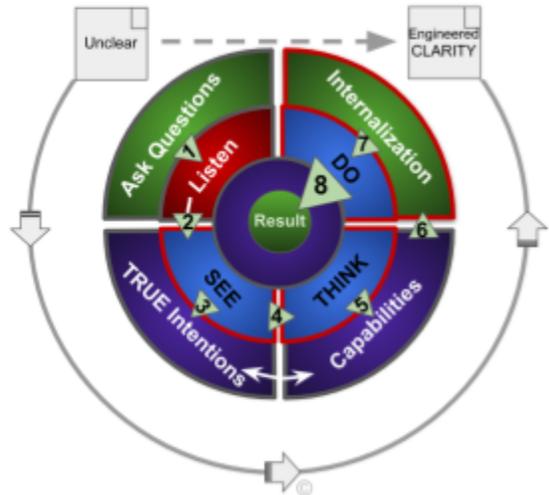
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# Engineered CLARITY



Our minds, our brains are the most interesting and maybe most complex creation maybe in the entire universe. What’s interesting is that we often know the answers, we just don’t know the questions we should be asking. This is where are ARRT Mentor and 2 ARRT Buddies and maybe an entire ARRT Tree / community can help us. What questions should we be asking that we’re not?

## Step 2: Listen

We often think we’re listening when in fact we really aren’t. Our mind pathology will often hear certain frequencies, but won’t hear other frequencies. Often people who think very differently than we do will not share what they are hearing?

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### Step 3: SEE

With the mind pathology, the ways of thinking that we have come to accept within ourselves, we often do not SEE what we do not want to SEE or maybe we CAN NOT SEE what is needed to see. Albert Einstein shared *“You can never solve a problem on the level on which it was created.”* We create our own problems, based on how we think and to solve our own problems, at a core level, we need to learn to think differently. To do that we need to learn to SEE differently. What are new ways of SEEING things?

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### Step 4: TRUE Intentions

We as human beings are often kind of delusional about how we think and unaware as to how many forces around us are seeking to get us to either think like they think or to think in a way where we think we are being served well, but in reality someone is manipulating us in a way that serves others, but not ourselves. Dig deep on this one and work with your ARRT Mentor and your 2 ARRT Buddies to figure out your own TRUE Intentions.

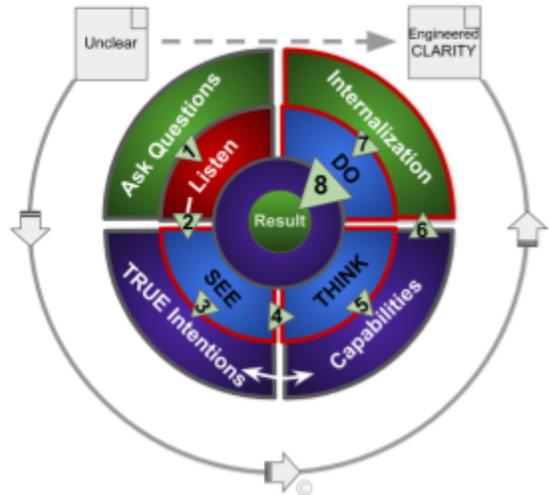
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## Engineered CLARITY



### Step 5: THINK

Our mind pathology can be very tricky with us making us think we're thinking differently, when in fact we are not. We at times think we can do things, when in fact we are not able to and don't think we can do things when we can. Talk with our ARRT Mentor about The NEXT Dimension principle, Dimensional GAPS and "The Teenage Principle."

We think that our way of thinking is the right / best way of thinking, when it in fact it's what got us to where we are now. We think that if others would change how they think our anxiety would be different, rather than taking personal ownership. How do I really internalize those things I should be?

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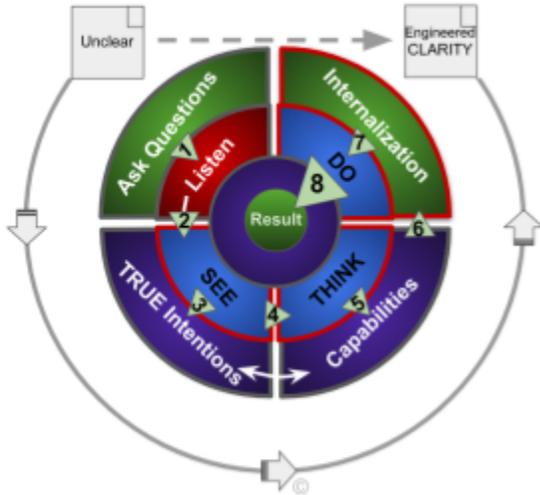
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# Engineered CLARITY



## Step 6: Capabilities

When we use ARRT properly we LEVERAGE other people's 7 T's To Success. Our ARRT Mentor and 2 ARRT Buddies, our entire ARRT community and really everyone in our lives could give us additional capabilities. Who are some of the people in my life who I may not be fully using their capabilities as I could be? Young children watch other young children and everyone around them and SEE that they aren't running, reading, talking . . . and they want to do these things. They internalize what others are doing and have what's called leap weeks. What are others internalizing, why are others internalizing and why are we doing the same thing?

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## Step 7: Internalization

Have you ever had someone say "I get it." or "I understand what what you are saying or going through." when you're pretty sure that they do not? Have you ever said this yourself to a teacher, friend and loved one where you thought you understood what they were saying, when in fact, later you discovered that you only understood a very small part of what they were saying? List some examples of when this has happened to you.

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List ways you believe you will be able to better internalize things and do so faster.

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The Q&A will take it from here. :-) If you have completed all the questions, you are on your path to healing. Remember that we didn't get where we are at overnight in our mind pathology, we are probably not going to change our mind pathology overnight as well. It will take time and a lot of hard work . . . but as long as we keep our eyes on the "prize" on Step 8, our desired outcome / result, we will not give up, we will continue to press forward.

**Engineered CLARITY**  
**+ Discovery Learning**  
**= Greater SUCCESS**

We encourage you to print this white paper out and then work on this along with the person who passed this along to you.

If you have any questions please feel free to connect with the person who invited you introduce you to this white paper or you may call or text:

630.440.7719

Toll Free: 888.230.2300

# Q&A

## Question 01 ~ What about Step 8: DO

Answer ~ Great question. If we have done the other 7 Steps then Step 8: DO will take care of itself. If we do not Take Action / DO something then we know we haven't internalized things well.

### Step 8: DO

When we properly internalize things we will automatically DO, take action on whatever it is we are setting out to do. What's great about taking action vs. thinking or talking is that even if what we are doing, doesn't work, which is often the case, we are still learning.

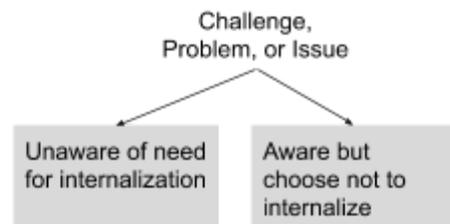
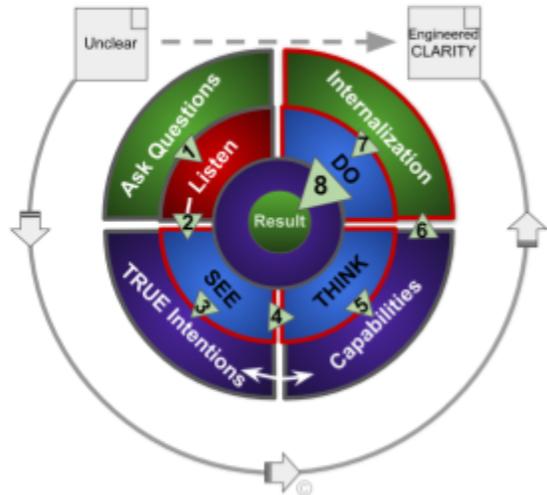
Much of not internalizing things comes from not even being aware. We don't know what we don't know. Now, with that being said there are times that people are unaware, do not internalize things, because they don't want to be. They "pretend" to not know. They feign ignorance.

It's like us going through the forest and we tend to take the same path over and over again and again. Often we take the wrong path again and again and end up "falling off the cliff" so to speak again and again. Have you ever thought . . . "Why is \_\_\_\_\_ so stupid?" It's like they continue to shoot themselves in the foot over and over again and again. Maybe they aren't the stupid ones maybe we are? Maybe they fall off the cliff to get attention, get out of work, to gain pity, compassion or something they are missing? Often our choices and consequences to those choices are back to back so people do think they get what they want, and they do in the short term but in the long term they get what they deserve and hurt a lot of people in the process. It is a continued mind path(ology) which is the same.

What's very strange about our minds is that when we choose another path and it might lead to falling off a larger cliff, but, even when that happens, the mind can get excited because it's a new path. While it may not work and may even work worse, we gain the freedom to realize that we are free to continue to choose different paths until we find the right one.

[www.Life-GPS.com](http://www.Life-GPS.com) and [www.DNAforPEOPLE.com](http://www.DNAforPEOPLE.com) help us to understand how the different personality types / frequencies tend to think and why each one will fall off the cliff. This helps us to think differently because maybe we're on the right path, and in SEEING something differently , THINKING differently, gaining new CAPABILITIES and/or better INTERNALIZATION of things we will learn not fall off the cliff this time OR we could take a different path.

## Engineered CLARITY



# Challenge, Problem, Or Issue

This type of individual has never been exposed to this type of thinking so they are "unaware." This is not stupid, this is just being unaware.

Unaware of need for internalization

Aware but choose not to internalize

Sorry to sound harsh, but this is just being stupid. It's like someone shooting themselves in the foot many times and not learning.

When we address someone's issue, delusion, poor choices, weaker and/or ineffective way of thinking . . . how will they respond?



Individual will think about it, consider it, seek to internalize 1% to 99%, whatever applies.

The individual, will resist it often openly. Will often become defensive or one of the 9 D's to destruction.



Ask a question . . . tell a story. "You can lead a horse to water, but you can't make the drink . . . but you can put salt in their oats." We believe that everyone has some type of salt, there is something that will cause everyone to "Stop And Think" there is a question and then a story which will give the proper LEVERAGE to help someone to be open to something that they may have never been aware of in the past and/or never open to in the past. You and I can make a difference in the lives of those around us . . . EVEN IF . . . they are not open.

## Question 02 ~ How does Discovery Learning play into this?

Answer ~ Discovery Learning is a process through Life Masteries Institute which is a non profit organization which helps is to, in a way, go back in time to when we are a toddler and learning so much and doing it so quickly.

Through **Engineered** CLARITY we are able to quickly identify where the challenges are with not INTERNALIZATION and other mind pathology challenges and through Discovery Learning, we are able to map out a plan, a path to quickly start the healing process.

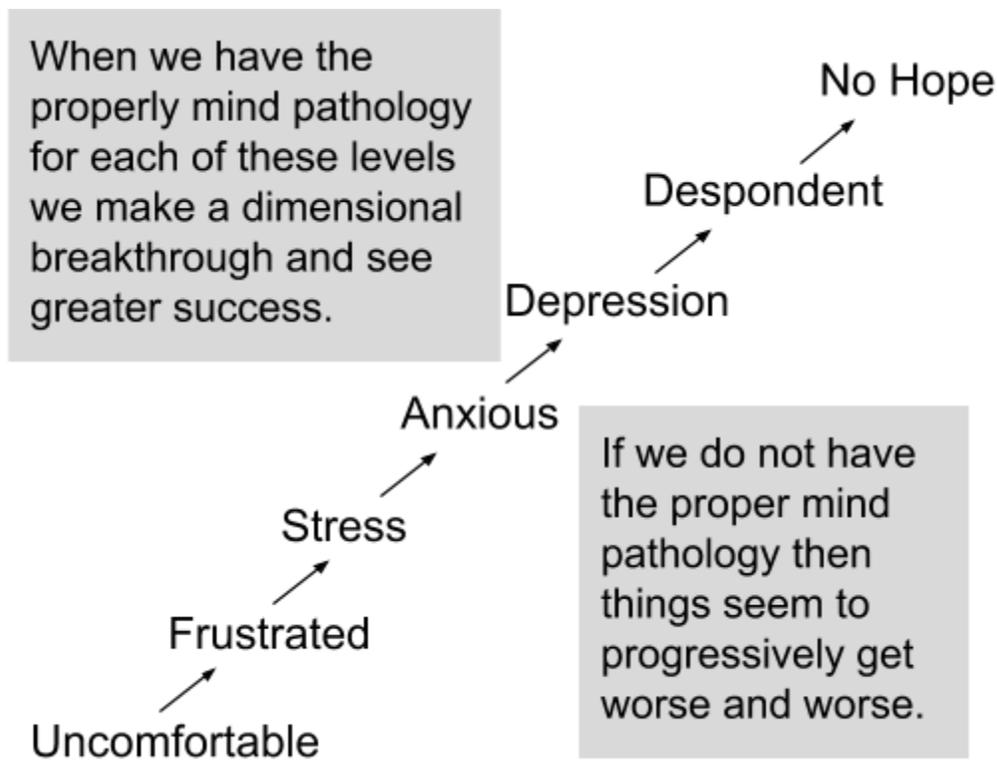
## Question 03 ~ How does a lack of INTERNALIZATION connect into depression and other mind pathology challenges?

Answer ~ It seems like there is a degree or spectrum that we travel and if we do not respond properly to one level, then it seems we often progress to the next level. With anything there is good and bad. Good depression, causes us to see something we are missing in life, or maybe feel pain that we should be feeling and give us focus, attention and drive to solve things at the core level. Good depression, takes energy away from us, but will give us more energy than what it takes.

Bad depression or many mind pathology, on the other hand is depression that we have that is not healthy for us and robs us from peace, joy and love. Talk to your ARRT Mentor and 2 ARRT Buddies about The *NEXT* Dimensional principle and how something we are depressed about today, may not be good depression, but being depressed about the same things tomorrow could be a good thing.

**Good Depression** ~ Being aware and/or concerned about something we should be concerned for and we have the ability / internalization of what is needed to do something about it.

**Bad Depression** ~ Being overly concerned, things that we really have no control over and it drains our focus, energy and passion about things that we should be focused on.



## Question 04 ~ What is ARRT and how will it help me with internalization?

Answer ~ ARRT = Atomic Ripple Reaction Principle ~ It is a system by which we are able to get help, input, support and assistance from an ARRT Mentor and then help 2 ARRT Buddies.

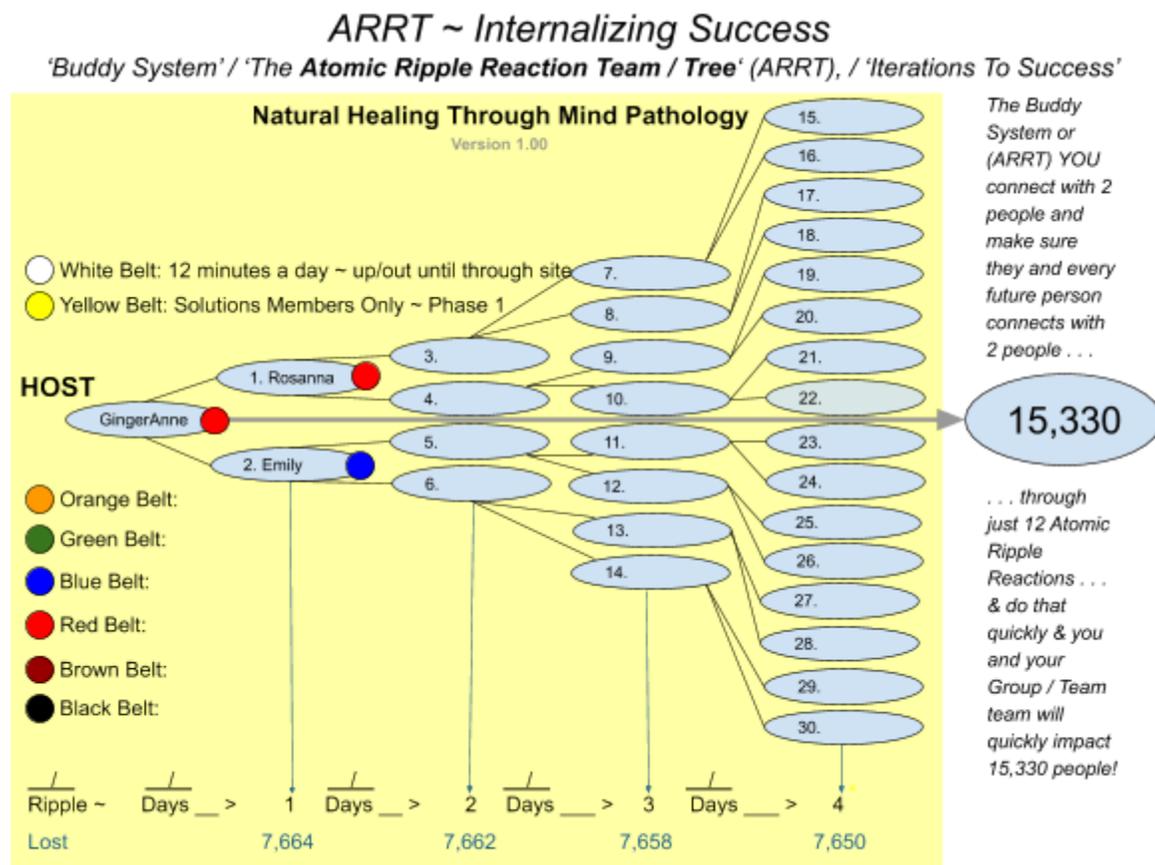
The simple answer is that we all need someone to mentor us through this process and that's called an ARRT Mentor. We then select or are given 2 ARRT Buddies where we can help them as we have been helped. What's interesting is that we initially think that our ARRT Mentor will help us obviously far more than our 2 ARRT Buddies would, but this is not the case in most situations.

It seems for most people that we need help to SEE what we do not SEE. Think about it, when others allow us to be honest and direct with them, we often find out far more about ourselves than we do about them when we SEE things in them, we're really SEEING things in ourselves, often.

When we're focused on helping others and give our ARRT Mentor and 2 ARRT Buddies permission to help us to see where we are clueless, we start to see TRUTH in a way we never have in the past, and the TRUTH will set us free.

Here is a website which goes into more details on all the different aspects of ARRT.

> <https://www.thewizardslife.com/wizard-arrt>



## Question 05 ~ Is there true healing from being clueless? How is this connected to Personality Masteries / our frequency?

Answer ~ Yes, there can be true healing, but with that being said, it's something that if we do not keep up on our new mind pathology, we will slip back into our old way of thinking. It's something that we will often find we're slipping back every day and then over time it will move out to weekly monthly and even yearly or even every three to five years.

We often become sloppy and it takes work and discipline in keeping our mind pathology working as it should. Once we have it "working" we need to make sure we are clear in writing it down, making sure we have the model which works for us so we can make sure we never stray to far from the model.

Personality Masteries is an amazing science where can have our personality identified in 17 seconds ~ [www.Life-GPS.org](http://www.Life-GPS.org) and magical things will happen. Each of the four main personality types will be clueless, lack the ability to internalize different things, in different ways for very different reasons. Learning our personality, our frequency, helps us to discover, at a core why we are lack the ability to SEE ~ THINK and DO and spot it before it happens so when life throws something at us we understand how to respond with the most effective mind pathology. In so many ways this is very simple and easy, but with 65,536 possible combinations there is also complexity in helping each individual develop their own mind pathology which works best for them.

## Question 06 ~ How do I actually go about Internalizing something?

Answer ~ If you would like the answer to this question, come up with your thoughts and then share those with the individual who shared this white paper with you. Together we can accomplish so much more than we ever could on our own.

## Question 07 ~ How do I go about being able to see things I don't see now or am not able to see because of my frequency?

Answer ~ If you would like the answer to this question, come up with your thoughts and then share those with the individual who shared this white paper with you. Together we can accomplish so much more than we ever could on our own.

## Question 08 ~ How can Pain be disguised as Hope so people run towards Pain instead of "hope"?

Answer ~ If you would like the answer to this question, come up with your thoughts and then share those with the individual who shared this white paper with you. Together we can accomplish so much more than we ever could on our own.