

#4 THE UNDERWORLD

The underworld is not directly about death. Rather what is the gift of life and the value of each moment. Made more real when fragile mortality is presented in stark contrast.

This trial is a wake up call. You will die. There are no extra lives. There are no second takes. Death will greet you sooner than you expect or desire. All the grand plans, 'somedays', and delays of all varieties will amount to naught in the face of age, ill health, and the final breath.

The usual strategy is to deny it with the false courage of young manhood, ignore it with all the activity of 'maturity' and 'responsibility', and deny its very inevitability by numbing the sense of being alive. By staring into the void and accepting limitations can the richness of life be fully appreciated and savoured.

This is the beginning of the second half of your trials. The first three were more about the past and the patterns from it that hold you back. Developing the awareness and courage to let them go, integrate the fractures, and choose anew.

Now you shift focus into the unknown. Into the possibilities of the future and how every present moment is a choice to create that future that you truly desire. When Odysseus talks with the shades from the Underworld, in addition to seeing the future, they lament the choices they made and yearn to be with those they loved in life. Reaffirming his purpose and quest to find 'home', and himself.

By owning your own death, you can no longer ignore or deny that you have limited time. So then you can answer for yourself, how do you wish to spend that time? How do you want to feel in these moments as the sands slide away? How to avoid the same sad laments of those shades?

Embracing mortality is not, as some believe, a morbid or nihilistic exercise, rather it is a celebration. You are here now, you still have life to experience, it is yours and no one else's. This is wonderful. Yet, fear and anxiety will arise. You are ready for them now, you are practiced with the POWER process and you understand many of your internal dynamics and have built relationships with your parts.

Step forward with courage, stare into your end, and explore your relationship with time. Which is actually your relationship with yourself. Feeling alive is loving the time you have. And all you ever have is the present moment.

DAY 1 - THE INITIATION

Block 2-3 hours. No interruptions. Phone on silent or focus. In your Power Space.

You will need:

- A journal and/or The Odyssey Path Workbook available at theodysseypath.com/resources.
- A pen or pencil
- Your phone to record a short video of yourself
- One or more printed POWER Process worksheets. Print from this book or download from theodysseypath.com/resources.
- Your primary calendar (outlook, google, apple, etc)

ACT I: DESCENDING (45-50 minutes)

The Underworld is your invitation to view your life and the time you have from the other side. What is your life about? How would you spend your time if you knew at all times it was both finite and always diminishing?

Open your journal and at the top of the next page, **write** today's date and "My Underworld Trial Initiation" and begin...

RECORD YOUR STARTING POINT (5 mins)

1) Rate yourself on the three Foundations of Command. Be honest.

Clarity: 1-10 ____

Courage: 1-10 ____

Containment (boundaries and expression): 1-10 ____

2) Write your Power Statement by completing this sentence: "When I am at my full power, I...". Don't spend any time editing it or trying to get it perfect as it will change and evolve. Just what comes to you now. It could be identical to what it was before, a variation, or something completely different. There is no right answer beyond the one you write down.

3) Record a short (<60-second) video of yourself saying your Power Statement out loud. Save it.

ARRIVE IN YOUR BODY (5 mins)

4) Stand tall. Head above your spine, jaw relaxed. Feet hip-width apart, pointing forward and your weight balanced from your toes to your heels. Tap your chest with your palms 20 times then tap your arms, your sides, your thighs, each 20 times. Feel the sensation of each tap in your hand and where it taps. Wake up.

5) Four rounds of Box Breathing: In through your nose for a slow count of 4. Hold for 4. Out through your mouth with a sigh for 4. Hold for 4. Do at least four rounds.

6) Sit down as slow as you can. Be deliberate with each movement. Feel the weight of your body in the chair. Remind yourself that you are here in this space to return to your power. Nothing else matters while you are here.

HEADSTONE & EULOGY #1 (5-6 mins)

7) Title a new page in your journal "My Eulogies". Divide the page into four quarters. Label Q1, Q2, Q3 and Q4.

- Now imagine your life ended **today**. What would you want written on your Headstone? What would feel right?
- Give yourself 60 seconds and write it at the top of Q1.
- Now fill the rest of Q1 with the Eulogy you believe would be given by someone who loves you (pick who it is) about you.
- Give yourself 3 minutes to write it. Write quickly, use bullet points to avoid getting stuck on word smithing. If you need extra space, keep going on another page and leave the other quarters blank.
- Once complete, read it out aloud slowly. What emotions, desires, and thoughts come up for you? Do any feel like PowerBlockers? If so, record them in your PowerBlocker Tracker.

BUCKET LIST (5-6 mins)

8) Title a new page in your journal “Bucket List” and spend 5 minutes writing out your bucket list. The things you want to do, the places you want to see, the accomplishments, the dreams, etc. You likely already have some lists created, no need to go find them, just write out what comes to you and feels right to you now. As always, don’t censor yourself, or edit out what you think is not realistic right now, and if you get stuck move on.

- Write at least 15 things you want to do before you die. Can you fill in the entire page? This is a life and your future you are wishing for here. What do you want to fill it with? Or you don’t know. Or it is pretty simple. What is it for you?
- What emotions, frustrations, feelings of urgency or lack, and intense thoughts come up? Do any feel like PowerBlockers? If so, record them in your PowerBlocker Tracker.

HEADSTONE & EULOGY #2 (5-6 mins)

9) Now imagine your life ends at some point in the future only after you have completed every single thing on your bucket list above. What would you want written on your Headstone and what would be the eulogy given to you and who would give it? Could be anyone in the world.

- Turn back to the “My Eulogies” page. give yourself 60 seconds and write your headstone text at the top of Q2.
- Now fill the rest of Q2 with this new Eulogy. Give yourself 3 minutes to write it. Write quickly, use bullet points if needed. If you need extra space use another page.
- Once complete, read it out aloud slowly. What emotions, feelings, and thoughts come up for you? Do any feel like PowerBlockers? If so, record them in your PowerBlocker Tracker.

HEADSTONE & EULOGY #3 (5-6 mins)

10) Now imagine you lived an amazing life and the Headstone says “Here lies a man who lived in his power. Audaciously himself. Courageous. Inspiring. A life lived to the full with nothing held back”.

- Give yourself 60 seconds and rewrite this headstone in your own words to convey the same meaning at the top of Q3.

- Now fill the rest of Q3 with a new Eulogy. This is one that you will give to this version of you. Imagine yourself standing there thinking of this version of you who has lived and died before you. Give yourself 3 minutes to write it. Write quickly, use bullet points if needed. If you need extra space use another page.
- Once complete, read it out aloud slowly. What emotions, comparisons, and thoughts come up for you? Do any feel like PowerBlockers? If so, record them in your PowerBlocker Tracker.

BUCKET LIST #2 (5-6 mins)

11) Go back to your bucket list page and review everything on the page.

- Cross out anything that no longer feels right for you
- Circle or highlight what stands out as essential
- Add in anything that now seems essential that was not there before, or that needs to be rewritten.
- If the page is too full or messy, rewrite it all on a new page.
- What comes up for you when you do this? What attachments or obligations do you feel? What is easy to change? What is the feeling that accompanies any new items? Do any feel like PowerBlockers? If so, record them in your PowerBlocker Tracker.

HEADSTONE & EULOGY #4 (10 mins)

12) Now look at the empty Q4 space. The unwritten headstone and the delivered eulogy that are yet to come. Set a timer for 5 minutes.

- Stare at the blank space on the page and feel how the rest of your life is equally unwritten.
- Do nothing other than imagine your life unfolding to your death while staring at the blank page.
- Do this until the timer goes off.
- What emotions, feelings, and thoughts come up for you? Do any feel like PowerBlockers? If so, record them in your PowerBlocker Tracker.
- What feels true for you about your future? Start a new page and write about this for 5 minutes.

ACT II: MORTALITY (30-45 mins)

TAKE A BREAK (5 mins)

1) Walk around. Go to the toilet. Have some water.

DO NOT check socials, messages, or email. DO NOT talk to anyone. DO NOT consume any content of any kind. Stay focused on you and your experience.

TIME PRIORITIES (40 mins)

2) Title a new page “Time Priorities” and divide it into two columns “Priorities” and “Not Priorities” and 6 rows, all equal-ish sizes.

3) Give yourself 5 minutes and imagine you only have **10 years to live**. The reason why is unimportant but it is a certainty. Take a moment and really feel it.

- Label the first row “10 years”. How would your priorities change? How would you think about your bucket list differently? How would you spend your days differently? Or would nothing change?
- Condense these thoughts into 2-5 priorities and write them into the Priorities space.
- Now consider what you would de-prioritise? What would you stop doing? Knowing you only have 10 years to experience all that life has to offer.
- As always, do any emotions or sensations or frustrations come up? Are they PowerBlockers? You know the drill.

4) Give yourself another 4 minutes and this time imagine you only have **a year to live**, 12 months from today. Again, the reason why is unimportant but it is a certainty. Take the exercise seriously and feel into it,

- Label the second row “1 year” and write out your 2-5 priorities and not priorities.

5) Give yourself 3 minutes and this time imagine you only have **a month to live**, 30 days from today. What would change in your decisions and your priorities?

- Label the third row “1 month” and write out your 2-5 priorities and not priorities.

6) Give yourself 3 minutes and this time imagine you only have **a day to live**, 24 hours from now. How would you spend these last hours? What would you not do? How would your current plans change?

- Label the next row “1 day” and write out your 2-5 priorities and not priorities.

6) Give yourself 3 minutes and this time imagine you only have **an hour to live**, 60 short minutes. How and where would you choose to be? Who would you be with and what would you be doing?

- Label the fifth row “1 hour” and write out your 2-5 priorities and not priorities.

7) Give yourself a full 5 minutes and this time imagine you only have **these 5 minutes to live**. The time it takes to imagine it is the time you have. Again, where would you choose to be, with whom, and doing what?

- Label the last row “5 minutes” and write out your 2-5 priorities and not priorities.

8) Start a new page and title it “My Time” and journal on the previous exercise. Give yourself 15 minutes and explore these four questions below. As always, watch for PowerBlockers and track them.

1. **How present would you be in those 5 minutes or in that last hour or day compared to other time frames?** Would you choose to be that present all the time? What specifically prevents you from doing this?
2. **Why can't you live every 5 minutes (or hour) as if it is your last?** What are the reasons? Which of these are real or practical vs beliefs or fears?
3. **What compromises are you making for your future?** When you make them, are you living and feeling alive or spending time as an ‘investment’ for your future self?
4. Holding all that you have explored today, **do you want to make any changes to the way you experience time?** Get specific and write a list on the page. These could be simple, small, or challenging and life changing. What comes forward for you now? Ignore the practicalities of how you will do it. Just write them down.

ACT III: LIFE (30-45 mins)

TAKE A BREAK (5 mins)

1) Walk around. Go to the toilet. Have some water.

DO NOT check socials, messages, or email. DO NOT talk to anyone. DO NOT consume any content of any kind. Stay focused on you and your experience.

PROCESS A POWERBLOCKER (20-30 mins)

2) Select the PowerBlocker from above with the greatest Charge score and use the POWER Process on it. Follow the worksheet and take your time. Be patient and remember to be curious.

3) When you finish, journal about the experience. Was there a change in the emotional charge? Do you have any insights or aha moments? What part did you meet and did it surprise you? What actions will you take to embody any shifts?

4) If you have the time and capacity, repeat steps 2 and 3 above with the next PowerBlocker or repeat the first.

PLAN THE TRIAL AHEAD (15 mins)

Your success depends on touching on your odyssey every single day. Daily 'work' is the core of the journey and while the steps may seem small, they are additive and powerful.

In this trial you have 14 days or 336 hours or 20,160 minutes. Over these 14 days almost 3 million people will die around the world. Their adventure will end and the choices they made about how they spent their time will be set forever more.

Today is your initiation into your Underworld trail. Tomorrow and the next 9 days are for you to focus on **how you want to 'spend' this one and only life of yours**. During these nine days these are your priorities:

1

Review how you want to experience your life and the time that passes through it, and how will you choose to live it today. Do this every morning. Reflect for 5 (or more) minutes on your day ahead and where you

will have an opportunity to choose and act differently. In the evening reflect for 5 (or more) minutes on your day. Where were you alive, where could you choose differently tomorrow, and what did you learn?

2

Make opportunities to, **Embody** and **Repeat**, the insights you made processing PowerBlockers.

You should be skilled with using the POWER Process and have a rich list of Powerblockers you are working with. Keep going.

3

When PowerBlockers are revealed during the day, write them on your PowerBlocker list and make the time to use the POWER Process on it. Ideally immediately or if that is not possible make time within the next 6-12 hours to process them.

Those who make the most gains are those that use the POWER Process the most frequently. Daily use is the gold standard. If that is not possible then once or twice a week is the minimum required to really make shifts quickly.

5) Open your Odyssey Calendar and your primary calendar you use to manage your time and plan out the next 14 days. Put the following items in both calendars.

1. Block 5+ minutes each morning for Days 2-11 to prepare for your day's challenge.
2. Block 5+ minutes each evening for Days 2-11 to reflect and record the progress of the day.
3. Schedule time for as many POWER sessions as you can (at least 2 more during this Trial)
4. Block Days 12-14 for Integration (details below)

DAYS 2-11: THE WORK (>10mins per day)

Each day:

- **Morning:** Remember your commitments
- **Throughout:** Do your commitments. Try new behaviors and ways of being, Notice when patterns activate and when challenges and PowerBlockers arise. Run the POWER process.

- **Evening:** Track what showed up. Journal what you're experiencing and changing.

The goal in this trial is to be present and alive.

DAYS 12-14: INTEGRATION (30mins per day)

Do not skip this. This is in many ways the most important part of the Trial.

Day 12: What Was That About? (30 mins)

- Read through all your journal entries from the last 10 days
- What progress did you make on each of your 5-10 priorities?
- Review all the PowerBlockers that you uncovered?
- What patterns did you notice?
- What did you learn about yourself? Any perspective shifts, aha moments, recurring frustrations?
- Journal about the above and the experience.
- Run additional POWER Processes to 'catch up', to deepen, and/or to go faster.

Day 13: What has Shifted (30 mins)

- Watch your Day 1 video. Watch it again and really look at this man and listen to his voice. Watch it again without sound. If you can, watch at x0.5 speed.
- Journal about what you see in this man in the video
 - What emotions or sensations arise in you when you watch the video?
 - How much power does he have? How much power is he hiding? Where is his power leaking or being softened?
 - Is he in command? Clear? Courageous? Contained?
 - What would you say to him to help him find his power?
 - What would he need to leave behind to find his power?
- Any new insights about him and his life?
- Read your journal entries from yesterday about the trial. Think about the man who wrote those entries.
- Journal and reflect about what is different about the man in the video and you now? List the shifts, no matter how small.

- For each shift, congratulate yourself. Take a moment to sit with each one, place your hand on your heart, slow your breath, and feel into both the shift and the congratulations you are giving yourself.
- Journal about the above and the experience.
- Run additional POWER Processes to 'catch up', to deepen, and/or to go faster.

Day 14: The Go Forward (30 mins)

- Rate yourself on the three Foundations based on how you showed up over this trial and how you feel right now.

Clarity: 1-10 ____

Courage: 1-10 ____

Containment (boundaries and expression): 1-10 ____

- Compare to Day 1 and reflect on any differences in your journal?
- Journal how you could have had more Clarity, more Courage, and greater Containment/Boundaries. What would you do differently?
- Journal what you will take from this trial going forward? Habits, behaviors, patterns, people, etc. What is now non-negotiable for you?
- How will you maintain any changes or perspective shifts during the rest of your odyssey and behind into the rest of your life? Do you need support?
- How will you show up differently to the next trial?

For printable worksheets, POWER Process guides, and tracking sheets: theodysseypath.com/resources