



Self-Actualization

“Nothing has a greater influence...on your children than the un-lived life of the parent.” --C.G. Jung

Beyond the roles we play lies our serene essence. As your authentic self, you are capable of great achievements. The radiant curiosity you emanated as a child is the most accurate reflection of your true nature. Peak experiences restore that simplicity and clarity. *Self Actualization* connects you to your inner child, and then transports you to transcendent moments of realizing your infinite nature.

Everyone has experienced states of inspiration in which all the issues in life become clear and one's direction becomes obvious. But peak experiences and transcendent moments are rare because our minds are clouded with worry and conflict that blur the reflection of our natural aliveness. Most people are caught up in a social web in which anxiety and anger cast a dark shadow over our wonderful existence. Melodramatic cycles of punishment and revenge pollute our families and careers. Thrashing about in pain, we unconsciously hurt the people we love most.

Self-Actualization shows you how to shift your attention from the painful world of work and worry to the pleasurable sensations of play and pleasure. You will come face-to-face with the mental and emotional mechanisms that dull your senses. As you unleash your instinctive force, you will begin your escape from the repression that has held you back in every arena of life. This course is a radical exploration of human nature. It is designed to challenge your values and profoundly alter your perceptions.



You are a marvelous human, trapped in a quagmire of false perception. Life keeps showing you the same problems over and over again because you are lost in the trance of memory masquerading as conscious awareness. The mirror of self-reflection only lets you see what you expect. You can wear yourself out fighting against the people who love and support you, or you can open your eyes to the love that is all around you. *Self-Actualization* opens your heart and mind so you can remember who you are and find the career path and lifestyle that suit your nature.

Martin Sage is your coach for this four-day extreme coaching event. Martin confronts the twin demons of paradox and confusion to shatter your mental model. He uses advanced inner theater tactics to reveal the double binds that routinely cause people to injure themselves and push away the people they love. His laser clarity will awaken your senses so you can see the world as it is and release the massive force of your true desire.

Martin embodies “tough love” in the extreme. You will be astonished by his honesty, and by his acceptance. In the depth of his listening, you will find your true voice. Your foolishness and petty mindedness will dissolve into laughter as you find the courage to explore the life you were meant to live.



Martin Sage

The Challenge

Martin Sage’s *Self Actualization* will be the most powerful workshop you have ever attended. The ride can be rough and rude, so only undertake this journey if you are physically and emotionally strong enough to emerge from your cocoon and live without your fairy tales.

This event reveals the fallacies of culture and tradition so it may not sit well with people who make it their business to control your life or your beliefs. Before you can be self-actualized, you have to become self-directed. That means you have to find the courage to see through your programming and restore your instinctive curiosity and the desire to live life fully. This is an elite course for people who intend to live outstanding lives of contribution to humanity.



High performance coaching is geared toward the light-hearted and open-minded. Profanity, strong language, and irreverent dialogue weed out the bigoted and ignorant, so you can be sure your teammates are as playful and curious as you are. You are invited to unleash the latent force that has been held captive by the fear of what other people might think.

Achieving a peak experience requires a peak performance, so you will be expected to participate with all your intelligence and enthusiasm. If you are a player who appreciates high performance and enjoys the rigorous discipline necessary to awaken full aliveness, then you are welcome to join Martin for a few days of radical honesty.



Self-Actualization brings about striking visible physical transformation, as well as career and lifestyle changes. It builds courage through observation and feedback, and through surgically accurate reflection of your strengths and weaknesses. Only attend if you are willing to have your armor shattered. Without your customary numbness you will see and feel everything vividly. Only when you stand defenseless can you realize the elusive obvious – that the universe is a safe place.

Beneath your doubts and worries lies your genuine self. Behind the roles you play is a brilliant character that longs to live life with style and flair. If you are ready to blow the lid off your limitations, this is your event. Self-Actualization is essential training for global players. It is a kind of "boot camp" for entrepreneurs and leaders who understand the importance of the pleasure principle in the new service economy.

This training will enable you to:

- See yourself as others see you.
- See the value in other people.
- Smash through compromise and denial.
- Reveal the life you really desire.
- Replace caring with compassion.
- Laugh deep, long and hard.
- Come to terms with your shadow.
- Unleash the force in your repressed libido.
- Embrace your animal nature.
- Feel the emotions backed into your muscles and organs.
- Forgive yourself for past mistakes.
- Become a more fully functioning person.



As we transition into the experience economy we need a new kind of education, one that enables us to accept ourselves and interact warmly with a wide range of people. Information isn't enough. Social maturity is essential. If you are ready to completely change your life, you have to start by changing your direction. If that fits where you are in your life, call Martin to consider if you are ready for this ultimate adventure.

On Maslow

A fully functioning person possesses a sense of profound well-being and measurable accomplishment. Abraham Maslow originally conceived the notion of a balanced, fulfilled individual whose contributions to humanity flow out of a life of outstanding character and ability.

He believed that a few individuals, people like Thomas Jefferson and Helen Keller, transcended the hopes and fears that limit people to ordinary lives. Such people stand out from society and shape the future with brilliant insights and actions that could never have arisen through conformity or compromise.

Maslow identified the following traits of the self-actualized person:

- An efficient perception of reality: The individuals who were actualized possessed “an unusual ability to detect the spurious, the fake, and the dishonest in personality and in general to judge people correctly and efficiently.” This efficiency extended to all other areas of life, including art, music, intellect, science, and matters of politics and public affairs. They are able to see concealed or confused realities swiftly and correctly. Their predictions of the future are often correct based on their ability to assess the facts at hand without undue influence from anxiety or character, determined optimism or pessimism. They get results and inspire trust in others.
- Acceptance of themselves and others: These people can accept their own human nature with all its discrepancies from the ideal without feeling concern. They are not self satisfied, but rather able to take the frailties, sins, weaknesses, and evils of human nature with the same spirit with which one accepts the characteristics of nature. They accept the fact that rocks are hard, water is wet and trees are green. Such people enjoy the simple moments of life, as a child looks at the world through wide uncritical innocent eyes, simply noticing and observing what is so without arguing or demanding that it be otherwise.
- Naturalness and spontaneity: Simplicity and genuineness mark these people, along with a lack of artificiality or straining for effect. It is their impulses, thought, and consciousness which are so unusually unconventional, spontaneous, and natural. Recognizing that society cannot understand or accept this, and having no desire to hurt anyone or fight over nonsense, they will go through the rituals of convention with good humor and grace.
- Interested in basic issues and eternal questions of philosophy and ethics: Such people live in the widest possible frame of reference. They never fail to see the forest for the trees. Their values are broad, not petty, universal, not local. Their vision is in terms of decades as well as of the moment. They are philosophers, however plain.
- Great affinity for solitude and privacy and a tendency to be independent from culture and environment: Propelled by expansion and development rather than deficiencies, these individuals won't be found among victim-oriented groups. Self-actualized people are driven by their own potentialities and resources. As the tree requires sunshine, water and food, these people need love, safety and other basics that can only come from without. But once these extrinsic needs are obtained, the true pursuit of individual and cultural development begins.

- Continued freshness of appreciation: The capacity for awe, pleasure, wonder, and even ecstasy is alive in these people, even with regard to ordinary events that may have become stale to others. Life can be thrilling, exciting and ecstatic at the most unexpected moments. They can make the most trivial and routine activity an intrinsically enjoyable game, dance or play.
- An oceanic feeling: “Limitless horizons opening up to the vision, of being simultaneously more powerful and also more helpless than one ever was before. The feeling of great ecstasy, wonder and awe, the loss of placement in time and space with the sense that something extremely important and valuable has happened so that the subject is to some extent transformed and strengthened in his daily life by such experience.”
- Genuine desire to help the human race, yet with deep ties with relatively few individuals: They don’t have time for many friends, but the ones they have are deep and abiding connections. Free of real prejudice, and democratic in the deepest sense, they tend to have respect for all persons and an ability to learn from anyone. At the same time, “themselves elite, select for their friends elite, but this is an elite of character, capacity and talent, rather than of birth, race, blood, name, family, age, youth, fame, or power.”
- Creativeness: Not so much talent or genius, but rather the naive creativity of unspoiled children characterizes this individual. We all have this potential, at birth, but most human beings lose this quality as they become enculturated. Few individuals either retain this fresh, direct way of looking at life, or have recovered it later in life. Self actualizing people tend to resist enculturation while remaining within the limits of convention. Yet, they maintain a certain inner detachment from the culture in which they are immersed. They are not necessarily leading the pack into social action, but they nevertheless are committed to social change.
- Imperfect, yet fully functioning: They may be silly, wasteful or thoughtless at times, perhaps even boring, stubborn, and irritating. They are not free from superficial pride, vanity, or partiality to their own production, family, friends, and children. At times they may appear capable of extraordinary and unexpected ruthlessness. They are strong and capable of surgical coldness when it is necessary. “The man, who found that a long trusted acquaintance was dishonest, cut himself off from that friendship sharply and abruptly and without any pangs whatsoever...some of them recover so quickly from the death of people close to them as to seem heartless.”

Martin says: “When I was a young psychotherapist, I imagined myself to possess many of these traits. Then one day I met a truly self-actualized man. In the reflection of his aliveness, my small mindedness was fully exposed. I was disillusioned and humiliated in the deepest reaches of my being. For months I was angry, projecting all of my own worst qualities onto him. Simultaneously, I was fascinated. I wanted that kind of courage and compassion for myself. Consequently, this meeting became the turning point of my life and my career.”

If you are courageous enough to still the waters and see your reflection in the pool, perhaps this is the event you have been waiting for. The training is a shocking experience that will awaken your curiosity and start the engines of your creativity. If you are ready to go through the looking glass, Self-Actualization is the ultimate vehicle for your journey.