

CREATING YOUR INVINCIBLE CORE AND BECOMING FULLY POWERFUL SUMMARY

(Link to share this piece: [Creating Your Invincible Core And Becoming Fully Powerful - Summary](#))

This is the “executive summary” of the priceless, complete program that will have you living without having fear/anxiety and being able to use your full power to create what you want in life. (The value, of course, is in jumping as soon as possible right into it: [The Program For Becoming Invincible And Fearless, With Forms.](#))

This complete learning and implementation will, of course, as always, take some reading and understanding to grasp fully the nature of this and how absolutely true, but normally not obvious, it is that you have an Invincible Core and that you **no longer have to worry or divert your attention to “imaginary” threats.**

To give you the basic idea, I will, herein, generously excerpt from the main piece (which is, in total, together with key links, a concise *book*).

The following is excerpted from [Creating Your Invincible Core](#):

*“There is no bigger payoff for your time than learning, seeing, and living into being [The Invincible Human](#) - yes, it is very doable.. There is **no more valuable a mindset** than this one, based powerfully on reality and what **actually works** in life!*

*Once one sees that he/she actually (and realistically) has an **invincible core** and that **what is outside it does not matter**, one is **free of fear** (invincible to fear) and able to “go for it” in life freely without barriers. Also, one ends up with no “musts” when one sees that all is optional and chosen freely without fear of risk.”*

Another excerpt:

“Purpose Of Seeing And Having The Invincible Core

I. Having [no suffering nor struggle](#) in life, freeing oneself from the fear

II. Such that we can **operate fearlessly**/"boldly" such that we can "risk" thoughtfully *in order to create more net life gains* (net gains minus losses, all in the domain of no fear related to the core...). [But not risk the core!]

Learning this will help us set up the "[Core Invincibility, No Fear Mindset](#)".

"I must point out that all normal humans can do this and attain the mindset in a relatively short time, even if they have not *yet* developed their other skills to a high degree. It turns out that we already, as a basic human, have in place sufficient abilities to realize that we are already invincible - all we need to do is "**see**" that and to **stop believing in imaginary threats/fears**. Yes, it takes some understanding of what this means, but one can gain that understanding by studying this "white paper"."

THE THREE LAYERS OF LIFE

There are three layers of life, some of which we confuse with each other and thus end up suffering for it.

I.. The Essential Core (Only what we truly need *and* can truly control, successfully).

II. The Non-essential "internal" layer (more important than the next layer out, but not to be feared, including beliefs and behavioral impulses)

III. The Non-essential "external" layer (Circumstances caused externally, including by people)

(Layer 4 is "no man's land", where there is no value. Note that the greatest values are always closer to the core. See [The Concentric Rings Of Importance e.](#))

Although, it takes some reading to "buy fully in to" this concept, I'll attempt to do a brief "fly over" here.

First we need to identify what is truly needed in life and to grasp the concept of "what is (in actuality) [enough](#)". Otherwise, our primitive mind ends up non-discriminating and including lots of unnecessary items in its "must have or I'll die/suffer" list. This "survival-like" attachment to "more than is needed" is, as in many wisdom disciplines, "[the source of all suffering and struggle](#)". When we learn the difference between a "need" (a necessity) and a "preference", we stop the confusion *and* the suffering - the process is explained in [Creating Your Invincible Core](#), with many illustrations of what life looks like before and after you grasp this.

You cannot progress well in life without first knowing this truth about what is enough, for you will be, at least partially, stuck in the “not enough” emotionally disabling dragdown.

Once we differentiate between what is needed and what isn’t and between the sub-layers, we then get to see on what to focus our efforts and control and then we find that we can **easily make sure that the core** and its closest sublayers in Layer 2 are handled (and that we are indeed invincible).

[Recall that the core does include some of the *external* items in it (basic eating and shelter, and health), but that those are *so easily handled that any normal human can handle them* with true certainty - and with no real fear or anxiety, since the certainty quells the need for fear or anxiety. (The concept of [concept of certainty](#) is one of the vital subpieces of creating great psychology and avoiding the huge costs of “uncertainty”. When we fail to get in touch with what we need to be certain about, then we get stuck in the uncertainties that do not matter at all and should be of zero concern and worry in life. This Creating Invincibility “booklet” will teach you how to do that. See, also, [The Principle Of “Sufficient” Psychology Certainty](#).)]

Your life, after learning and installing this, using the forms provided, will look like a life where you have all your core needs met for sure *and* where you will absolutely handle an easily creatable next sub-layer of additional security such that you have so much certainty that **you no longer worry about “false threats” (or concern about “losses” of things which do not truly matter)**.

As you’ll see in one of the diagrams in the central piece, you have *more than enough* control of the core things, such that you also are able to create a safety buffer of emotional security.

You end up living in “Bonus Land” (or “The Land Of Optionals”), wherein you be playing the game of life *as a game*, without fear and drawn **only from desire**, instead of living in the potential “losses” game (of fear and anxiety).

You’ll see this through the dramatically contrasting diagrams (in the main piece) between the old way and the way of living as an [Invincible Human](#).

“As you learn to control the fulfillment of your needs more, you do it **no longer driven by fear, but drawn by desire** (to add even more benefits to life). **As you control more, you derive more results and live at an even higher level of life.** As you take up less time and effort from no longer having to repeatedly experience and repair fear problems, you **free up more available time and energy** that will be used **to create more of the results we want!**”

Also, you will find that your mental functioning is no longer impaired by the (physically mechanical) Fear Response, so you are *more capable of being more productive*.¹

“If I know I can control and cause what is needed, I am content, I am safe...I no longer have ‘existential fear’¹.”

In other words, you will no longer have to live with fear (you’ll at least eliminate 99+% of your fears, once you “get” this!).

I could only barely scratch the surface of the depth you need to go into, but I hope I at least gave you enough insight that you’re willing to explore further and to understand this more deeply by reading, and using, over the next week at least, [The Program For Becoming Invincible And Fearless, With Forms](#) (which first leads you to gaining sufficient understanding to use the provided forms that will walk you through constructing a new you initially through studying the main “booklet”: [Creating Your Invincible Core](#)).

Start here: [The Program For Becoming Invincible And Fearless, With Forms](#).

Use this for further reference and navigation: [Invincibility, Contents, Links Directory](#)

And then let me know the results, benefits, and what is learned, so I can share (with confidentiality) what you come up with. I’d also appreciate any suggestions, comments, and/or questions. ([Contact](#))

The best of (self created) fortune in life to you!

[Keith D. Garrick](#)

The Life Management Alliance

[Blog](#) (sign up for email notifications of new pieces, use the web version which you can even switch to on a phone, though serious learners use a computer to better learn)

This is a not-for-profit, pay-it-forward endeavor. Link to the sites from [here](#).

¹ Individuals often have trouble understanding the simplicity and actuality of this fear. From my notes and comments related to an Alan Watts philosophical seminar:

Existential: Of, relating to, or affirming existence.

In other words, we are concerned about dying (or partially dying, perhaps).

The great existential question then is...drum rolls, please...

[Am I safe?](#) (Of course that is a now or proximal time question, for we know we will die - or if someone is not going to die, then why would they have any anxiety?)