



ASIA **W**ORKS



# Mastery The Art of Living



**Living a life of excellence,  
satisfaction and fulfilment.**



“All men are  
become dif

# The Mastery Course

Mastery is derived from knowledge and experience of actions done well. If someone creates great work only with constant struggle, we would not call him masterful. In mastery there is a sense of effortlessness and joyousness. It stems from your ability and willingness to understand and work with the forces around you.

## The AsiaWorks Mastery Course challenges the myth that mastery can be achieved only by a select few.

Where does mastery come from? Is it a feeling, an attitude – or something more?

According to the 17th century Spanish philosopher Baltasar Gracian, “Mastery arrives from an action done often and well... Authority originates in nature and is perfected by art. Those who attain this quality find things already done for them. Superiority itself lends them ease and nothing holds them back: they shine, both in words and deeds, in every situation.”

In his landmark book, *Mastery*, American author George Leonard writes that to achieve mastery, we must surrender and accept the demands of our discipline, and suspend disbelief. We must let go of our “expertise” in order to move on to another level. We must cultivate the mind and heart of the beginner along every step of the way.

### **Mastery is Intention, Action and Practise.**

Perhaps our biggest obstacle to mastery is our cultural conditioning for quick results and immediate gratification. We want big results right now, and hesitate to expend energy for a level of achievement that may take a long time to realise. With practise, we can achieve a sense of contentment that comes from letting go of our judgments and accepting ourselves and life just as it is, no matter how imperfect. And often, we will find that life *is* perfect.

The secret is to pursue mastery in those areas where we already have shown talent, vision and desire. The initial step is to focus where we are already striving to perform our best – where we are “playing for keeps.” Practise makes us better at what we do. Learning to love practise puts us on the path to mastery.

“Intentionality fuels the master’s journey. Every master is a master of vision.”

- George Leonard

alike in their nature, but  
erent through practise.”

- Confucius



### Who are Masters?

When thinking of mastery, we usually bring to mind individuals who stand out as truly extraordinary in their fields: Lao Tse, Confucius, Plato, Shakespeare, Da Vinci, Mozart, Van Gogh, Einstein. Modern day masters might include Gandhi, Walt Disney, John Lennon, Bruce Lee and Tiger Woods. We venerate their accomplishments, and we are grateful to them for taking new ground, inspiring grand visions, and setting high standards.

What do these people have in common? Are they inherently different from you and me? What are their lives like? What is the source of mastery, and how do they tap it?

Masters have a practise – a regimen and a way of being that supports their efforts to become better. Their learning never ends. Our modern masters have coaches and teachers and develop a mental game. They have an attitude that allows them to be at ease in their field and they express a confidence that promotes authority. They put themselves on view, bringing their talents to light. Masters live authentically and with integrity. They take a stand for their beliefs, their art, their sport, their endeavours.

### You can have Access to Mastery.

The AsiaWorks Mastery Course will help you to identify what guides you. It will offer you practises and tools for mastery so that you can achieve spectacular results.

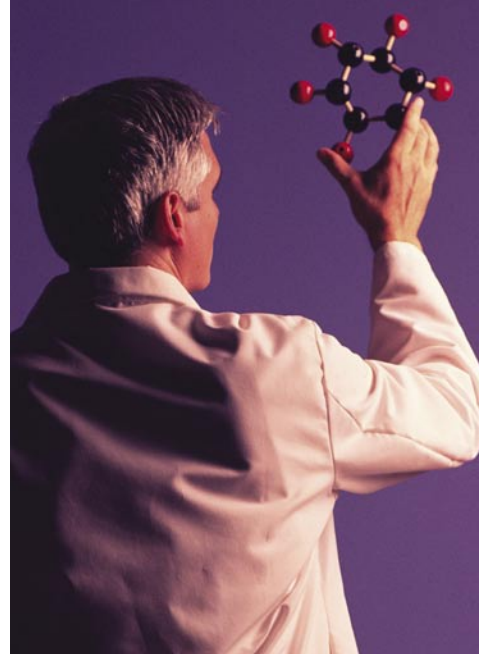
#### In this four-day course you will:

- Learn five pivotal steps to mastery.
- Explore the possibilities for mastery in your relationships, family, career, health, money, spirituality, dignity and community.
- Practise communicating from a context of mastery.
- Get coaching on your ability to live in mastery.

You can then guide the rest of your life by mastery principles, continually increasing your level of performance and accomplishment in those areas most important to you.

“Great ability develops and  
reveals itself increasingly with  
every new assignment.”

- Baltasar Gracian



The AsiaWorks Mastery Course, which presents a thorough philosophical and intellectual framework for transformation, is the foundation on which other AsiaWorks experiential courses are built. In the Basic Training, Advanced Course, Leadership Programme and other graduate workshops, the theories and practises of mastery are always present, but they are usually in the background. In the Mastery Course, mastery is brought to the foreground and made explicit. It will empower you to generate a future based on your highest principles, and give you the opportunity to become more powerful and passionate in your life.

**The power of peak performance is  
within your grasp.**