

The Glasswalk Experience

Is It *Really* Mind Over Matter?

I was first introduced to the *Glasswalk Experience* more than fifteen years ago. Since then, after continually making personal demands of myself to explore new frontiers in mind dynamics, self-empowerment and expanding human potential, I have taken the experience to another level. Under my leadership, classes and workshops have been developed and orchestrated so that others could also encounter, live and learn the empowering experience of *glasswalking*.

As a result of these efforts I have had the privilege of introducing the *Glasswalk Experience* to such notable leaders as Tolly Burkan; Author and founding father of the 'Firewalk Movement', George Bien; International Seminar Leader and 'America's Mind Coach', Chaplain Paul G. Durbin, Author of 'Kissing Frogs' and 'Human Trinity Hypnotherapy', the late Henry Smith-Rohrberg; Psychologist and Author of 'Transformational Breathing', and many others.

Why Walk on Glass?

The most popular question people ask is 'Why *Glasswalk*?' Why would anyone want to put him or herself at risk or subject their body to potential harm? The easiest explanation I can give is that each time a person walks on glass, snaps the cold, pointed, shards beneath their feet and reduces that glass into tiny pieces of powdery dust, a shift in their belief system begins to manifest and grow. It infuses the reality of overcoming obstacles and winning!

Some may suggest that this ritual is toying with the universal laws of nature. And others may say that the mere mention of walking on broken glass makes them wince at the thought of the pain or cringe with the fear of the unknown. However my philosophy has always been that by successfully challenging the physical reality of *glasswalking*, we empower ourselves to ponder the question: "If I can achieve this... what else can I achieve?"

My reasoning for walking on glass is to demonstrate how I am actively involved in communicating and participating in my own reality. I have chosen a path of power and energy and refute the concept of 'impossible'.

The experience of *glasswalking* is a personal and intimate ritual that is amazingly powerful! Whether you choose to experience it for yourself or simply witness it as a spectator, it will leave an indelible imprint on your psyche so awesomely inspiring you will be sure to remember it for a lifetime. So when someone asks me why I walk on glass... I simply answer... "Why not?"

De-Bunking the Myth of Glasswalking:

Glass is primarily made up of particles of sand that originate from Mother Earth. Likewise, our bodies are also primarily made up of a fluid form of Mother Earth we call water. Other than air, earth (sand) and water (our bodies) are two of the top three

components that chiefly comprise our existence. So, if we are in agreement that the first few sentences stated in this paragraph are correct, and both water and sand are a derivative of the same source (Mother Earth), then it would stand to reason that as descendants of each other, water and sand must be compatible.

Metaphorically speaking, a bed of sand (glass) can often be found below the surface of a body of water (our bodies). So it is in keeping with the rhythm of the universe and the balance of nature that we are able to walk (our bodies) above a bed of sand (glass) unscathed.

Of course, overcoming the challenge of walking on glass is easily achievable. In order to accomplish this, it is necessary to change the thought processes (negative influence) about glass we've come to accept as truth during our formative, impressionable years, as well as any *associated* thoughts related to the glass itself. The process of altering one's way of thought has often been earmarked as 'mind over matter' but more appropriately could be labeled as 'mind over mind'. When we as humans make a decision to alter our thoughts both consciously and subconsciously, we virtually eliminate the 'tug of war' between the minds that is often commonplace in one's everyday choices. In the instance of *glasswalking*, after merging the minds and refusing to allow any counterproductive ideas to get in the way of the intended goal, the motivated participant can walk with confidence, easily and comfortably above the shards of broken glass.

It is fair to caution you to not try this on your own without adequate instruction and supervision. Injuries may occur when someone is not properly trained (by a qualified instructor) and mentally prepared with a conditioned state of mind. Our instruction teaches a process that allows all body movements to flow simultaneously and work co-operatively with each other by making continuous and necessary corrections and adjustments while achieving and engaging in the ultimate walk. During a glasswalk I encourage all participants to take a few moments to meditate, reflect and look within themselves, to quiet the mind and alleviate any conflicting inner voices prior to walking. Of course the ultimate resolve is the achievement of perfect synchronization of the minds. If after examining your motivation to participate in this ritual by using your all-knowing inner wisdom, you hear a voice echoing from within, telling you that it is *conceivable* and *believable* to walk on glass, then it is absolutely *achievable* to do so! It is irrelevant whether you arrive at your decision to *glasswalk* based on analytical analogy or having faith in a power greater than your own. Either belief will manifest the exact same physiology in the body. Unless someone is comfortable with their decision to walk, I urge participants to wait until another time to experience this empowering ritual.

Remember this rule of thumb: 'If you think you can or if you think you cannot, you are absolutely right.' It has been said that 'Whatever the mind harbors the physical body must bring forth'. 'We are the combined total of all of our own thinking processes from birth'. Herein are some of the many reasons why *glasswalking* has become a much

sought-after exercise in developing the mind/body connection and can prove to be a rewarding and unforgettable experience in your journey to a higher consciousness.

The Benefits of Glasswalking

1. Overcome Fears. 2. Free Yourself From Phobias. 3. Body Stimulation. 4. Stretch Your Potential. 5. Self-Empowerment. 6. Remove Self-Imposed Limitations. 7. Initiate A Positive Shift in Your Belief System.

The Expected Results

1. Greater Acceptance of A Winning Attitude. 2. Pride in Accomplishment. 3. Satisfaction in 'Overcoming and Conquering'. 4. Improved Dialog with Oneself. 5. Stimulates Greater Resourcefulness.

In Conclusion

We pay tribute in honor of our like-minded peers and colleagues who have previously participated in the *Glasswalk Experience* before us. They are the rare individuals who insist on the abstinence of mental roadblocks, possess a phenomenal mindset to surpass what is expected of the ordinary, and strive for extraordinary performance. They excel at achievement, repel the negativity of outside influence and set an example to others of what can be accomplished by thinking 'outside of the box' and reaching above and beyond limitations imposed by others. It is through them that we can recognize the continuance of a movement perpetuated by limitless thinking. And to them we pay tribute.

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