

# *The Way*

## **A Guide to Self-Mastery**

**By**

**Don Durrett**

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Anyone who thinks that unvirtuous behavior is benign is naïve.

– Don Durrett

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## Introduction

This book is for anyone on a spiritual journey. It is the first non-fiction spiritual book I have written in about fifteen years. My only other non-fiction spiritual book (*New Thinking for the New Age*) was written around 2004. I have also written eight spiritual books that are fictional stories. So, this is spiritual book number ten, plus one workbook on finding your soul.

The goal of this book is to share with you what I have learned on my spiritual journey. The objective is to provide you with a guide that you can follow. Perhaps I am being too ambitious, thinking that I have enough experience to create a roadmap for a spiritual journey. However, after thirty years of learning and writing books, I think my experience is worth sharing.

I could not have written this book without my experiences as both a writer and a lightworker. It was a book that had to wait. Now feels like the right time. I started my spiritual journey in 1989, when I was twenty-nine years old. Over that past thirty years, I have learned quite a bit. I do not plan to use any notes to write this book. It will be from my stream of consciousness, which includes my memories, my guides, and my higher self.

I have written several guides, so I suppose it was destined for me to write a guide on self-mastery. After all, I have been working on self-mastery for thirty years. I have written a guide on investing, a guide on getting healthy, a guide on how to find your soul, and a guide on how to form a country (a new constitution). So, I have a wide area of

interests. However, my strongest subject is spirituality and metaphysics. For this reason, I would consider this my most important book.

In no way do I think that this is the definitive guide to self-mastery – not even close. There are a myriad of books on this subject, and a plethora of information from a wide variety of sources. In fact, I do not consider myself to be an expert on this subject since it is so profound and complex. Any human alive today who claims to be an expert on self-mastery is probably lying to themselves, or a walking avatar.

Don Durrett 4/19/2019

## **Chapter One: Know Your Self**

Before you can answer the important questions about your life, you need to know who you are. Fortunately, I can tell you how to do this, and it's not that difficult. It will take some effort on your part, along with some time and money, but all you need is the intent to find out.

I don't think you can know yourself in a short period of time. It will probably take at least a year and, perhaps, many years. The reason for the long timeframe is that part of getting to know yourself is finding your soul. I'm saving this for the second chapter because it can be considered part two of getting to know yourself.

In actuality, there are two parts to our self. There is the ego personality and the soul. In this chapter, I am going to focus on learning how to know your ego personality. There are several methods that make this possible. I will describe each one below.

### **Astrology**

Your natal chart is the best place to start. This is a report of approximately twenty-five pages that explains many of your personality traits. Hopefully, you know your place of birth and time of birth. If you do, then you are ready to have this report created. You will have dozens of choices to choose from on the Internet. They are all pretty much the same, although they will vary in quality.

Do some research and read the reviews before purchasing a natal chart. Consider using a professional astrologer for a one-on-one natal chart reading. This is more expensive than a printout, but worth it. Ideally, I would recommend getting a printout

from a quality website and having a professional astrologer analyze your chart. That is what I did. Read the printout first, so that you are prepared for the astrologer with questions.

A professional astrologer is not necessary and perhaps a bit of overkill. However, you will learn a few things that are useful to know that you might not learn from the printout.

You are going to want to read this report thoroughly, and more than once. Then, after you have read it, you are going to want to do some additional research on your Sun sign, rising sign, and moon sign. The reason for the extra research is that these three placements have a big impact on your personality, as well as your compatibility with others.

For some of you, the natal chart report might be enough information. But if you are passionate about your spiritual journey, you will probably want to dig a bit deeper to find out more information. This deeper dive will lead you to understand your natal horoscope more thoroughly.

The starting point for a deeper dive is to read and learn the traits of *all* of the Sun signs. You may be asking yourself, why do I need to know the traits of all of the signs? What is the importance of that? Well, as you will come to know, your personality is comprised of many of the signs. Plus, the people in your life will comprise the rest.

When you know the traits of all of the signs, it allows you to understand the signs that impact you in a more substantial way. This may sound counterintuitive, but by knowing what you are *not* exposes you to what you *are*. Make sense? If not, it will after you learn the traits of all the signs.

Another reason that it is important to know our astrological traits is that you are uncovering the truth about yourself. This truth is already known by your soul. This allows both of you to speak in a language that you both understand. When I uncovered this, it blew my mind as to the possibilities. The soul kind of smiles and says, “It was nice of you to catch up.”

Some of you may have just rolled your eyes after reading that last sentence. But your relationship with your soul is about to take on a whole new meaning after you read this book. You may think that the soul cannot communicate with you in a profound way; well, I’m here to tell you that it can. Moreover, the more you can speak its language, the more it will communicate with you.

If you go for the deeper dive, you will want to understand the elements of each sign, which are fire, water, earth, and air. Then you will want to understand the qualities of each sign, which are fixed, cardinal, and mutable. After that, you will want to learn the planetary rulers of each sign. That is the bare minimum, in my opinion, if you want to understand the basics of astrology.

If you know the basics of astrology, that should be enough for you to communicate with the soul about your personality traits. It is difficult for me to put into words how the soul will use that common understanding about yourself to guide you. This common understanding becomes a pathway that the soul can use in profound ways. One of those pathways is to guide you to learn more about yourself. Once you find a way to connect with the soul, it’s like opening up a door to additional pathways.

For those you who want to understand more about astrology, there is a lot to learn. It is a science, in my opinion, although today, it is still considered a pseudoscience

and is not taught in accredited colleges. In the future, I expect astrologers to be licensed. You can take private astrology classes to become an expert if you feel compelled to learn more. You could even become an astrologer. I personally was content with the basics in order to learn my personality traits.

My sun sign is Pisces, my moon is Sagittarius, and my rising sign is Cancer. I have learned the qualities, elements, and planetary rulers of each. For instance, Pisces is a mutable, water sign, ruled by Neptune. I know the qualities, elements, and planetary rulers of all of the signs. This helps me to know not only my own personality traits, but those of others.

Once, I had a professional astrologer give me a natal horoscope reading. She said that my potential for understanding spirituality was unlimited. This is the reason why I started writing spiritual philosophy only a year after I began my spiritual journey. Everything that I was reading felt like a remembrance. I was remembering knowledge that I had learned from past lifetimes.

This is the reason why some people pick up music, painting, languages, and other skills with relative ease at an early age. Spiritual knowledge was right there in my natal horoscope. That was just the beginning of what there was to discover about myself. There are nine planets (if you count Pluto), plus the sun and moon. Each of these is placed somewhere in your natal chart, and each impacts your personality traits.

Let me give you a list of what you need to learn for the astrology basics:

1. The traits of each sign.
2. The quality (fixed, cardinal, mutable) of each sign.
3. The element (air, fire, water, earth) of each sign.

4. The planetary ruler of each sign.
5. The traits of each planet.

I have found that my sun sign, rising sign, and moon have the biggest impact on my personality. So, spend more time analyzing those. When you integrate the traits of those three, it will give you a good perspective about yourself.

## **Numerology**

All of us have several numbers associated with our birthday and name. I like to use six numbers, which are the following:

1. **Lifepath:** Add together all of the digits of your date of birth into a single digit. Mine is  $3 + 1 + 8 + 1 + 9 + 6 + 0 = 28$ . Then convert double digits to a single digit by adding those together.  $2 + 8 = 10$ .  $1 + 0 = 1$ .
2. **Birth day:** Add together your birth day into a single digit. For example, if you were born on the 29<sup>th</sup>, it would be  $2 + 9 = 11$ .  $1 + 1 = 2$ .
3. **Attitude:** Add together your birth day and birth month into a single digit.
4. **Personality:** Add together the consonants in your full name using the Pythagoras method of converting letters to numbers. Convert the total into a single digit.
5. **Soul:** Add together the vowels in your full name using the Pythagoras method of converting letters to numbers. Convert the total into a single digit.
6. **Power:** Combine your personality and soul numbers into a single digit.

Comparing these six numbers with someone else is remarkably accurate for determining compatibility with other people. However, you need to know how to compare. With a little bit of research, you can figure it out. Basically, if you have a lot of

even numbers, then you will be more compatible with someone who also has a lot of even numbers.

Just like an astrological sign, each number has its own meaning. The number that probably has the biggest impact on your personality is your lifepath. My lifepath number is 28/1. After reading the characteristics of a 28/1, it made a lot of sense what drove my behavior.

You should learn the characteristics of each number, and you should add up the lifepath number for those people closest to you. Each data point that you collect gives you that much more information about yourself and someone else. In my opinion, someone's lifepath number is just as significant as their Sun sign.

If you have not read the traits of your lifepath number in Dan Millman's book, *The Life You Were Born to Live*, then you are missing out on understanding yourself. It's only a few pages for each lifepath, so you can read them at the library or Barnes & Noble in a few minutes.

Knowing your lifepath number, as well as your other numbers, gives you more data points into understanding your personality traits. I have mostly odd numbers, which makes me an introverted creative type of person. Odd numbers also make my life more challenging and difficult. It is much easier to have an even-numbered lifepath. I also have five squares in my natal horoscope, and each square creates challenges or obstacles in your life. Knowing this gives me perspective on my challenges.

There are different ways to approach numerology. I have given you an overview, but if you read a book on numerology, you will learn more. I think the lifepath number is the most important, but you will find that other people have different opinions. I have not

spent a lot of time on numerology. Only enough to learn my traits.

## **Science of the Cards**

I didn't know about the Science of the Cards until 2006. In fact, most people have never heard of it. I was lucky to have met an expert who exposed me to it. When we met, one of the first things she said was what day is your birthday. After I told her March 18<sup>th</sup>, she replied, "You are a five of diamonds. One of my best friends is also a five of diamonds." I had no idea what she was talking about. I had been on my spiritual journey for several years and had done a prolific amount of reading, but had never come across the Science of the Cards.

She recommended that I get a book titled *Love Cards*, by Robert Camp, if I wanted to learn more. When I got the book and read what it said about a five of diamonds, it blew my mind. This was the missing piece of information that explained who I was. It described me almost perfectly. More than that, it helped me to understand myself from angles I had never perceived before.

As a five, it explained why I was so iconoclastic and introverted. As a diamond, it explained why I was very good at determining the quality and value of things. It opened a whole new world to me. I could now understand my strengths and weaknesses more clearly.

She told me that everyone matches their card. It's like your astrological Sun sign. You can't get away from it, because it's who you are.

The good thing about the Science of the Cards is that it is easy to learn. All you need is to read about two pages of information for your card, and then another page each for each card type (heart, club, diamond, and spade). That's all you need. It's like your

lifepath. You only need to read a few pages to learn quite a bit.

All of us are a combination of the four card types, but our dominant type almost always fits our card. To this day, I have never met anyone who did not match their type. Hearts are people you want to hug and have a love energy of some type. Clubs are smart and tend to be mostly in their head. Diamonds are creative in some way and know what has value. Spades are generally the most evolved and tend to be spiritually mature.

The other benefit from the Science of the Cards is how much more clearly I could see others by knowing their cards. If I know that your lifepath is a four, your card is a three of clubs, and your astrological sign is a Taurus, then that is a huge amount of information I know about you. I can get all of that information just from knowing your birthday. But I'm getting off the subject. That is just a side benefit. What we are after is to learn about ourselves so that we can communicate with our soul.

## **Michael Teachings**

The Michael Teachings are a bit esoteric, but very powerful to understand. The original source of this information was channeled in the 1970s. I have written about the teachings in several of my books because I think they are important and valid. The teachings explain the reincarnation cycle. In my opinion, the two most important things to learn from the teachings are your role and your stage-level.

Everyone has a role, and some people have both a role and a sub-role. There are seven roles, and you should be able to guess your role. Here is the list, sorted by the fewest percentage of people with that role.

1. **King:** Leader (4%)
2. **Priest:** Spirituality/Inspiring (8%)

3. **Sage:** Performer/Communicator (10%)
4. **Scholar:** Collector of knowledge (14%)
5. **Warrior:** Achievement/Challenge (17%)
6. **Artisan:** Creative (22%)
7. **Server:** Server (25%)

As you can see, about 65% of the people fit into the last three categories. The top four categories are somewhat rare, with true leaders being the rarest role by far. You can guess your role by a process of elimination. Most people should be able to guess their role fairly accurately. Guessing your stage-level requires a bit more research.

I guessed that my role was a priest. The traits of a priest are explained in the teachings, as are the traits of all seven roles. When I was told in 1991 that my role was a priest with a sub-role of scholar, I wasn't sure about the sub-role. However, over the years, I have come to realize that I am a spiritual-scholar who collects and disseminates information for inspirational purposes.

Once you identify your role, it becomes a valuable piece of information about yourself. You may work in one profession, but your Michael Teaching's role could be completely different.

Once you know your role, the other piece of information that is useful is your stage-level. Everyone is at a particular level on their spiritual journey. You can think of it as a continuum that has a starting point that constantly increases (in fact, you cannot regress). Everyone begins their journey at the beginning of the continuum with very little to no understanding of the Creator. Then they slowly progress along the continuum, steadily increasing their knowing, leading to a comprehensive understanding of the