

OUTRAGEOUS MASTERY

Pain to Power

*BONUS: The Reasons for
Challenging, Confusing
and Painful Times*

SASHA XARRIAN

In **PAIN TO POWER**, I am going to share with you the miracle that **TRANSFORMED EVERYTHING IN MY LIFE!**

AND CAN DO THE SAME FOR YOU!

You will regain your Confidence - your sense of Worth.

You will feel Worthy, Powerful and Special.

You will feel how Wonderful you are.

You will find Meaning and Purpose in your life.

You will discover how you are more than you think you are.

This is a lot to promise, I know, but it happened for me – almost overnight. And it can happen for you.

So make sure you are alone and in a quiet place while you read this short e-book.

Read slowly and soak in the message.

Believe me when I tell you that this is a **powerful** book.

I will start by sharing my own miraculous story and then show you how you can do exactly what I did.

Prepare To Feel Wonderful!

How Does One Go From Losing Everything To Creating Everything?

I LOST EVERYTHING IN A HEARTBEAT!

I am Sasha Xarrian and I had seven children in nine years - - all in my twenties.

Five years later I was left with sole custody of my six living children.

I had no career or career training.

My six-figure husband would refuse child support.

We lost our family home.

My parents, siblings and friends deserted my children and myself because I decided not to stay in their singular, secluded religious confines and beliefs.

Similar to a woman-alone leaving the Pennsylvania Amish-Mennonite society, I entered a world I knew nothing about.

Left alone to find a way to survive and take care of my six children, I began searching for a way to make enough money to take care of them – and to find and afford a home to live in.

Maybe more than anything, I needed something to believe in.

I desperately needed an entirely new set of beliefs that would empower and help me create the life I could only dream of. My old beliefs were not working – and they belonged to the archaic religion I had just left.

I began experimenting with new beliefs – to see if I could find ones that were powerful and empowering – beliefs worth keeping.

And I wondered, could there possibly be strategies and beliefs that would allow me to create *anything*?

Anything at all?

Could there be a way to hear an answer to every question I hungered for?

During my thirty years of trial and error experimenting, I . . .

- **Healed** my son from a **life-long illness that no doctors could cure**
- Created a **mansion** for our family
- Created **tens of thousands of dollars** in mere weeks and months
- Created **half a million dollars in ten minutes**
- Learned how to **pray (inquire) and get answers** – literal answers
- Discovered how to **blast through fear, guilt, and feeling unworthy**
- Went from running a small newspaper route with my six children to **creating a million dollar business**
- **And am blessed to have new friends in every country in the world who own and love my **Outrageous Mastery®** books – EVERY country in the world!**

So I ask again, **How Does One Go From Losing Everything To Creating Everything?**

FIRST OF ALL:

YOU HAVE TO START WHERE YOU ARE RIGHT NOW IN YOUR OWN LIFE!

You can't wish you were in another place and make it so. It would be nice if life worked that way, but unfortunately it doesn't.

The first real enigma of life is the discovery that there is a reason for everything in our lives – everything!

The second enigma of life is finding the procedures that uncover the immense, innate power within us.

We may find – at the end of our lives – or somewhere along the way – that the purpose of it all was to discover who we really are.

The knowledge, the power, and the discoveries are usually hidden within and behind our struggles, our feelings of failure and guilt, our low self-confidence and our pain.

When we are in a place of struggle & loss – we usually feel unworthy, like failures, have low self-confidence and are usually in pain.

Along with the pain come feelings of fear & guilt.

Consequently, giving anyone in this place a so-called “magical formula to success” is NEVER going to work.

(Just what you wanted to hear, right?)

It is because it is almost impossible to create wonderful things in your life when you are trapped in feelings of struggle, loss, unworthiness, failure, low self-confidence, pain, fear and/or guilt!

SO, WHAT IS THE ANSWER?

The first answer is to accept where you are right now.

I didn't say you had to like where you are, but it is important to accept it.

Once you accept where you are, it is vital to begin finding ways to love yourself.

(I am not going to go into the empowering strategies I have developed to love, honor and nurture ourselves in this book because this book is about personal emancipation. But I have become a specialist in this - - trust me - - I have been through hell and back. Developing these strategies have not only saved my life but also elevated it beyond measure. So check them out once you finish FROM PAIN TO POWER.)

RIGHT NOW . . .

I am going to GIVE YOU THE GIFT that literally began transforming EVERYTHING in my life IMMEDIATELY!

Sound good?

I hope so.

Because my mission in life is your mastery!

As hard as it was, I was forced to accept where I was – and where I seemed to be stuck. I just couldn't find a way out of the nightmare I found myself in. I searched and searched, reading every book I could find. But still I couldn't find my way free of continual disasters that went on for years.

I named it my “Seven Years of Hell.”

- **My husband was arrested and banned from our home.**
- **I went through a horrendous divorce that went on for almost two years.**
- **The church I had devoted my life to deserted my six children and myself and stood by my “High Priest” husband and his crimes.**
- **I was bullied out of the church I had loved.**
- **My parents disowned my children and myself for not staying in the church that was making our lives a living hell.**
- **My five siblings never contacted us after that.**
- **All my friends belonged to this church/religion and now they were all gone.**
- **My oldest child who hadn’t been allowed to date until she was sixteen became pregnant at the age of seventeen.**
- **My six-figure husband would refuse to pay child support.**
- **We lost our family home.**
- **I had no job experience or training** *(After all, my religion did not favor women working or continuing their education – they were to stay home, have babies, and be obedient to their husbands. And yes, I followed every instruction – including not using birth control.)*
- **I was left to try and find a place to live with six living children who depended solely upon me. We now had no extended family.**
- **I had to be my own attorney for almost two weeks in a courtroom scenario that terrified me.**
- **When we were almost destitute, my family of millionaires would not listen to my pleas for help.**
- **AND THIS IS MERELY A SHORT LIST!** *(But, I think you get the idea.)*

My “Seven Years of Hell”

The name fit.

When it started I assumed it would quit any day – any week – any month.

After several years I wondered if it would ever end.

I felt like I had a rain cloud over my head – and I had no clue how to get rid of it.

Would the troubles never cease?

Why in the world were these terrible things happening to my children and myself?

We were all suffering – terribly.

I had lived what I had been told was a “righteous” life. I had tried to do everything right. I had even gone above and beyond – in service to my fellowman – in service to my God – as a mother, wife, teacher and leader.

So why was this happening to my children and myself?

And where was God?

Those were some of the deeply poignant questions that *burned* deeply inside my heart and mind.

My life - my identity - my dreams - my soul - were in shambles.

One day in my search for meaning, a brilliant lady approached me after a class we had taken. I have no clue what I had said that caused her to begin a conversation with me.

And I have no remembrance of what we said in the short conversation that evening.

But I will never forget the phone call I received the next morning.

She called and said she wanted to continue the conversation we had started the evening before.

I remember thinking, “I thought we had finished it.”

She then said, “Let’s meet and **I’ll tell you why everything has happened to you the way it has.**”

As soon as the words came from her lips, the tears flowed down my face like a river that had been damned up for - - seven years.

When we hung up the phone, I cried and cried.

I felt hope.

I just needed – craved – hungered to know WHY?

WHY?

This brilliant lady gave me the ladder to climb out of the deep, dark hole I had been in for seven years.

At first I didn't believe she had given me the correct answer.

And then when she challenged me to do a little exercise, I resisted.

I said I would think about it - - - before we met again the following week.

Her words and instructions really didn't make sense to me, but I was desperate and ready to try anything, so I sat myself down and began to write.

And several hours later I was still sitting . . .

But now I was in . . .

SHOCK!

Suddenly, everything made sense!

Suddenly, I had the answers I had been aching for.

And literally, from that moment on everything in my life changed!

I became a different person.

I was no longer a victim.

In my mind, I became Super Woman!

(And the funny part, is that a neighbor lady literally called me Super Woman to my face!)

(And the brilliant lady, who gave me my ladder, weeks later told me I was an ancient soul who had already gone beyond what she or anyone else could teach me. hmmm – I certainly didn't believe that part.)

And you know what is really strange?

When you believe you are Super Woman/Man, you act like you are Super Woman/Man. And then others treat you like you are Super Woman/Man.

And then your life becomes the life of a Super Woman/Man.

Strange!

But True!

HERE IS THE MAGIC!

While in my misery, she said to me, **“You're looking at everything wrong!”**

“I am?”

“Yes. Stop calling it your “Seven Years of Hell.”

“But it has been seven years of hell!”

“Calling it that is part of the problem.”

“How could that be?”

“Because there is another way to look at it.

“A way that will transform everything in your head - in your heart - and then in your world.”

“Okay, like what?” (I can be a bit resistant at times.)

She then said to me, **“There is a magnificent gift in each of the things that has happened to you.”**

And I thought - - or knowing myself - - I probably said, *“Seriously?”*

“What gift could come from living in hell?”

“What gift could come from having the ones you loved destroy your life?”

At the time I had a lot of anger inside of me - - rightly so.

I had a lot of resentment inside - - again, rightly so.

And maybe the worst part was the extreme confusion I felt.

The world I knew – trusted – and loved – had fallen off a cliff. *(And I had fallen off with it.)*

And it hurt!

So, when she looked me in the eye and told me that finding the gift would change my life, I was extremely skeptical.

Nonetheless, I was in pain.

- - - a lot of pain - - -

And pain can cause us to do almost anything to relieve it.

Right?

So I went home and began listing all the horrible things that others had done to my children and myself.

Then I listed the horrible things that had “rained” upon us - - from some unknown, gray raincloud.

The list was long.

And intense

And filled with all kinds of feelings

Anger

Hatred

Sadness

Frustration

Despair

Confusion

Fear

And yes, it hurt to think about and then write down all the horrible and hurtful things that had occurred.

Because, you know, when you have to think about and write about painful experiences, you can't help but relive the pain all over again.

And it hurts.

(And who wants to relive pain?)

Not me!

But worse than reliving the pain is staying in it.

So I continued writing.

And – not to lie – listing the painful experiences was not fun - **BUT - WHAT FOLLOWED WAS NOTHING SHORT OF MIRACULOUS!**

Stage two of the process was like a revelation from heaven.

The light broke through the gray raincloud.

Light shined upon me. *(Well, that's a bit dramatic, but I think you get the picture.)*

And I think I became a bit paralyzed with shock! *(Really!)*

STAGE TWO:

THE MIRACLE –

THAT TRANSFORMED *EVERYTHING* IN MY LIFE!

I LOOKED FOR AND FOUND THE GIFTS THAT I HAD RECEIVED FROM EACH AND EVERY HORRIBLE EXPERIENCE!

AND THIS CHANGED EVERYTHING!

I will take you on a short journey through a few of the challenges I faced and some of the gifts the challenges/adversity brought me.

While you take this short excursion with me, **see how it relates to your own life. It may change everything for you also!**

- **My husband was arrested and banned from our home.**

My children were now safe and I was not coerced into living in a subservient state anymore.

I was given sole-custody of my six living children.

I was forced to figure out ways to be an effective single parent and I SUCCEEDED.

For the first time, I REALIZED the MONUMENTAL ACHIEVEMENT this had been. And my stature grew immensely in my own eyes.

- **I went through a horrendous divorce that went on for almost two years.**

I realized that if I had trusted and followed my own gut feelings, (instead of blindly following my famous attorney's advice) we would not have lost our family home, one of my children would not live her life in a state of confusion, and I wouldn't have lived in a state of continual terror.

This Realization Caused Me To COMPLETELY REEVALUATE WHO I WAS AND THE INTELLIGENCE I POSSESSED and begin to own it.

I Also Realized I Had Been Brainwashed To "Just Follow And Obey" Leaders. THIS CAUSED ME TO CREATE BRAND NEW EXTREMELY EMPOWERING BELIEFS FOR MYSELF.

- **The church I had devoted my life to deserted my six children and myself and stood by my "High Priest" husband and his crimes.**

I realized this direct confrontation to integrity and truth began to give me the confidence to look deeply within myself, reevaluate what was really true and THE COURAGE TO STAND BY MY OWN TRUTH.

This process, this incredible gift, became THE NEW STANDARD FOR MY LIFE!

- **I was bullied out of the church I had loved. *(Although I made the final decision to leave on my own.)***

I realized that I would never have had the courage to leave on my own. I had actually needed to be jerked around, coerced and harassed.

(Leaving that church started me on the path to searching for a set of beliefs that would endure forever and not only give me amazing powers, but allow me to help millions around the world with my life-discoveries. *Wow! That almost leaves me breathless!*)

My children are all eternally grateful that I started them down a new path - - and that I gave them the freedom to choose their own paths in life.

And when I look back at the extreme courage it took to leave the only life I knew – to be alone in the world – with six children depending solely on me, I am shocked that I took the leap! *(And I have never read or heard of a woman in my position having the courage to do what I did. And this realization, alone, took me from feeling like a victim to a woman of extreme power and courage. An amazingly empowering realization!)*

DEFINITION OF COURAGE - Courage is what makes someone capable of facing extreme danger and difficulty without retreating (the courage to confront the enemy head on. It implies not only bravery and a dauntless spirit but the ability to endure in times of difficulty.

(I am willing to bet that courage is who you are. Right?)

- **My parents disowned my children and myself for not staying in the church that was making my life a living hell.**

If my parents had not left us high and dry, I may never have had the courage to leave their beliefs and “doctrine” behind.

I realized this completely freed my children and myself to independently seek out new beliefs (that weren't based on fear, guilt and submission).

I HAVE – BY MYSELF – CREATED A LEGACY FOR MY CHILDREN, GRANDCHILDREN, GREAT GRANDCHILDREN AND THEIR CHILDREN - FOR GENERATIONS TO COME.

I AM THE ONE WHO HAS SET A NEW COURSE OF FREEDOM AND POWER FOR ALL OF MY DESCENDENTS – FOREVER.

(Can you even begin to imagine how I felt when I realized this?)

- **My five siblings never contacted us after that.**

At first I questioned how we could have been raised in the same environment together because I never would have done that to them.

But then I realized that maybe I possessed a love and courage that surpassed what came from our home environment. I was different from them and that empowered me and gave me a more defined identity of who I was.

(Has something like this ever happened to you?)

- **My oldest child who hadn't been allowed to date until she was sixteen became pregnant at the age of seventeen.**

NOW I HAVE THE MOST BEAUTIFUL AND AMAZING GRANDDAUGHTER EVER!!

WHAT A GIFT!!

And I learned that severe restrictions don't really work. 😊

- **My ex-husband would refuse to pay child support and I ended up having to be my own attorney for almost two weeks in a courtroom scenario that terrified me – TERRIFIED ME!**

As I walked out of the courtroom the very last day, I literally felt like Super Woman! I was elated beyond belief – and not because of the judge's verdict, that would come in a few weeks. At that moment I could have cared less about the judge's verdict. What I had done was monumental. I HAD FACED AND CONQUERED MY HORRID FEAR!

And I guess I had done a pretty good job at it. Spectators would come up to me daily, thinking I was an attorney. (*shocking*) But that didn't really matter either.

What mattered was how I felt inside. I FELT LIKE I COULD FLY, LIKE I COULD BUST THROUGH WALLS, LIKE I COULD DO ANYTHING!

MY CELLS WERE ALIVE WITH INCREDIBLE POWER AND SELF-CONFIDENCE – BECAUSE I HAD WALKED THROUGH MY FEARS.

I realized that was a crazy-wonderful gift!

What fears have you walked through?

And who are you now because of it?

- **My ex-husband refused to help my oldest daughter when she was raising a child by herself, holding down a job and going to school full-time. She had to go on welfare to have enough food for her child and herself. She would come to me in tears asking why her father wouldn't help her.**

SHE IS NOW ONE OF THE MOST POWERFUL WOMEN THAT I KNOW.

AND I GET TO HAVE HER AMAZING LOVE, WISDOM, ADVICE AND SUPPORT FOR THE REST OF MY LIFE!

SHE INSPIRES ME DAILY!

Because she found out how powerful she was through this experience, she makes sure her children not only develop powerful strategies for life, but that life is not “easy” for them.

She values her struggle for survival and success more than almost anything. *(And I find that very interesting! I would have thought it would have made her want to protect her children more. Hmmm, words to think about.)*

- **I had no job experience or training** *(After all, my religion did not favor women working or continuing their education – they were to stay home, have babies, and be obedient to their husbands. And yes, I followed every instruction – including not using birth control.)*

I knew I had to make a lot of money to support my family so I TOOK ON ONE HUGE CHALLENGE AFTER ANOTHER. I taught myself to sell, understand finance, design and run businesses, challenged myself to become the President of the National Association of Women Owners in Maryland and in the process FOUND A NEW, EXTREMELY EMPOWERING IDENTITY.

KNOWING WHO YOU ARE AND HOW POWERFUL YOU ARE, GIVES YOU EVERYTHING YOU NEED TO BE SUCCESSFUL IN YOUR LIFE.

- **We lost our family home and I was left to try and find a place to live with six children who depended solely upon me.**

I was able to find us a huge, rundown home that no one else would buy or rent.

Because I had no money for a down payment, I wrote two contracts for the owner to sign. The first one gave me the ability to rent for a few years and have all the money put towards the down payment.

The other one was a purchase agreement where the owner held the mortgage. (I had no credit at all. Everything had been in my husband's name.)

And there was one more item in the contracts. All the repairs and remodeling that I made would be refunded to me if I didn't purchase the home.

HMMM, LOOKING BACK I NOW REALIZED I HAD BEEN KINDA SMART!

My children and I now began the daunting task of tearing the house apart (literally) and putting it back together again. (Ripping up floors and replacing them, knocking down walls and building them, roofing, tile work, building a deck, ripping up old carpeting, making, routing, staining and hanging shutters, washing the outside of a huge three story home and painting the siding – because I couldn't afford new siding – etc. etc. etc!)

At that time, all I knew how to do was hammer a nail. **NOW, I CAN FIX ANYTHING.** (*Not that I really want to – but nonetheless, I can.*)

THE BEST GIFT WAS THE PRIDE MY CHILDREN HAD IN THEIR “NEW” HOME, THE ONE THEY HAD BUILT! The first year none of them would invite their friends over **BUT NOW, THEY WOULD TAKE THEM THROUGH EACH ROOM AND RAVE ABOUT WHAT THEY HAD DONE.**

And in the end, we had one of the most beautiful homes in the neighborhood! *Who would have thought?*

And the best gift: **THE CONFIDENCE IT GAVE ALL OF US THAT ANYTHING IS POSSIBLE!**

- **When we were almost destitute, my family of millionaires would not listen to my pleas for help.**

I began a **DEEP SEARCH** about **PEOPLE, BELIEFS** and what causes us to be who we are & do what we do.

With no one for my children or myself to rely on, I learned to **STAND INDEPENDENTLY.**

And I REALIZED I FOUND A WAY!

I THEN REALIZED I ALWAYS FOUND A WAY!

And again, THIS IS MERELY A SHORT LIST!

MOST IMPORTANT

MOST IMPORTANTLY – I realized WHO I WAS.

HOW POWERFUL & RESOURCEFUL I WAS.

I learned that THE CRAP – THE PAIN – THE TERROR – THE LOSS - THE INTENSE CHALLENGES

- **Had made ME into a NEW PERSON_**
- **Someone I had no idea existed**
- **And all I could say was “WOW”**

THE CRAP – THE PAIN – THE TERROR – THE LOSS - THE INTENSE CHALLENGES **HAD REVEALED WHO I REALLY WAS – to MYSELF!**

SOMETHING AMAZING HAPPENS WITHIN US when we look for & find the **GIFTS** that come to us through **OUR TRAGEDIES & ADVERSITIES.**

So GO ON A TREASURE HUNT IN YOUR OWN LIFE!

FIND the GIFTS!

Find out WHO **YOU** REALLY ARE!

Then **HONOR** YOURSELF for WHO YOU ARE & WHO YOU HAVE BECOME!

VALUE YOURSELF!

KNOW that YOU ARE **WORTHY** of ANYTHING AND EVERYTHING!

Here is another incredible present this process brings to us:

WHEN WE FIND THE REAL GIFT - - - WE DISCOVER that the GIFT IS THE REAL REASON for the ADVERSITY!!

I am going to write this one more time.

WHEN WE FIND THE REAL GIFT - - - WE DISCOVER that the GIFT IS THE REAL REASON for the ADVERSITY!!

And when we find the real reason for the adversity and look at things from this new perspective, something in us changes & our power & confidence increases.

We begin to feel worthy.

We regain our confidence.

We see that our life has meaning & purpose.

We realize we are more than we thought we were.

AND NOW – we are on the perfect path to POWERFULLY CREATE our dreams & goals.

So, GO on a TREASURE HUNT in your OWN LIFE!

FINDING the GIFTS WAITING for YOU can begin TRANSFORMING EVERYTHING!

BELIEVE IT!

IT IS TRUE!

LET ME HELP YOU GO ON YOUR OWN TREASURE HUNT FOR YOUR VERY OWN GIFTS!

Prepare to be **SHOCKED!**

STAGE ONE

WRITE down the top six painful experiences in your life. (One very short sentence for each of the six.)

I have made this free e-book interactive so you can easily begin typing in your experiences. To save your answers you will need to use the most recent version of Adobe Reader [which is available here](#).

1.

2.

3.

4.

5.

6.

Whew! That was the hard part.

Now the fun part begins!

Are you ready to be EMPOWERED – SURPRISED – and ENCHANTED – with who YOU are?

I sincerely hope so – because you will be.

STAGE TWO

Now you get to go deep within yourself.

And discover the treasure that is you.

Look deep within your soul and see how each experience changed you in positive ways.

KNOW that each experience (no matter how hard and painful) gave you gifts.

FIND them.

This is a treasure hunt.

See where it takes you.

After finding one gift, find the next one – for each experience.

Because each painful experience has given you multiple gifts.

I challenge you to find as many treasures as possible.

START NOW.

(Oh yes, as in all things that come from and Outrageous Mastery®, it is essential to have fun!)

FIRST PAINFUL EXPERIENCE

GIFT ONE:

GIFT TWO:

GIFT THREE:

SECOND PAINFUL EXPERIENCE

GIFT ONE:

GIFT TWO:

GIFT THREE:

THIRD PAINFUL EXPERIENCE

GIFT ONE:

GIFT TWO:

GIFT THREE:

FOURTH PAINFUL EXPERIENCE

GIFT ONE:

GIFT TWO:

GIFT THREE:

FIFTH PAINFUL EXPERIENCE

GIFT ONE:

GIFT TWO:

GIFT THREE:

SIXTH PAINFUL EXPERIENCE

GIFT ONE:

GIFT TWO:

GIFT THREE:

WHO DO YOU SEE YOURSELF AS NOW?

1.

2.

3.

4.

5.

6.

Now, know and feel that you truly are **worthy.**

Now, stand up and be **confident.**

Now, know and feel that **your life has meaning & purpose.**

Realize and claim that **you are more than you thought you were.**

Right now HONOR YOURSELF for WHO YOU ARE & WHO YOU HAVE BECOME!

I sincerely hope you have enjoyed (and been fascinated) by your treasure hunt – because you are the real treasure!

You are.

Believe it.

It is true.

Thank you for sharing your precious time with me.

Your Mastery Is My Mission!

Sasha Xarrian

[You can share this free e-book PAIN TO POWER with your friends, family, and co-workers by sending them here: www.OutrageousMastery.com.](http://www.OutrageousMastery.com)

*Read about my entire journey (through hell straight to the stars) in my first book, **OUTRAGEOUS MASTERY, An Xperiment In Power.***

It will Amaze You, Shock You, Fascinate You and have you Seriously Wonder and Inquire Into “Your Own Power.”

It Will Captivate Your Heart and Soul.

It May Even Rock Your World!

Treat yourself to the ride of your life!

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