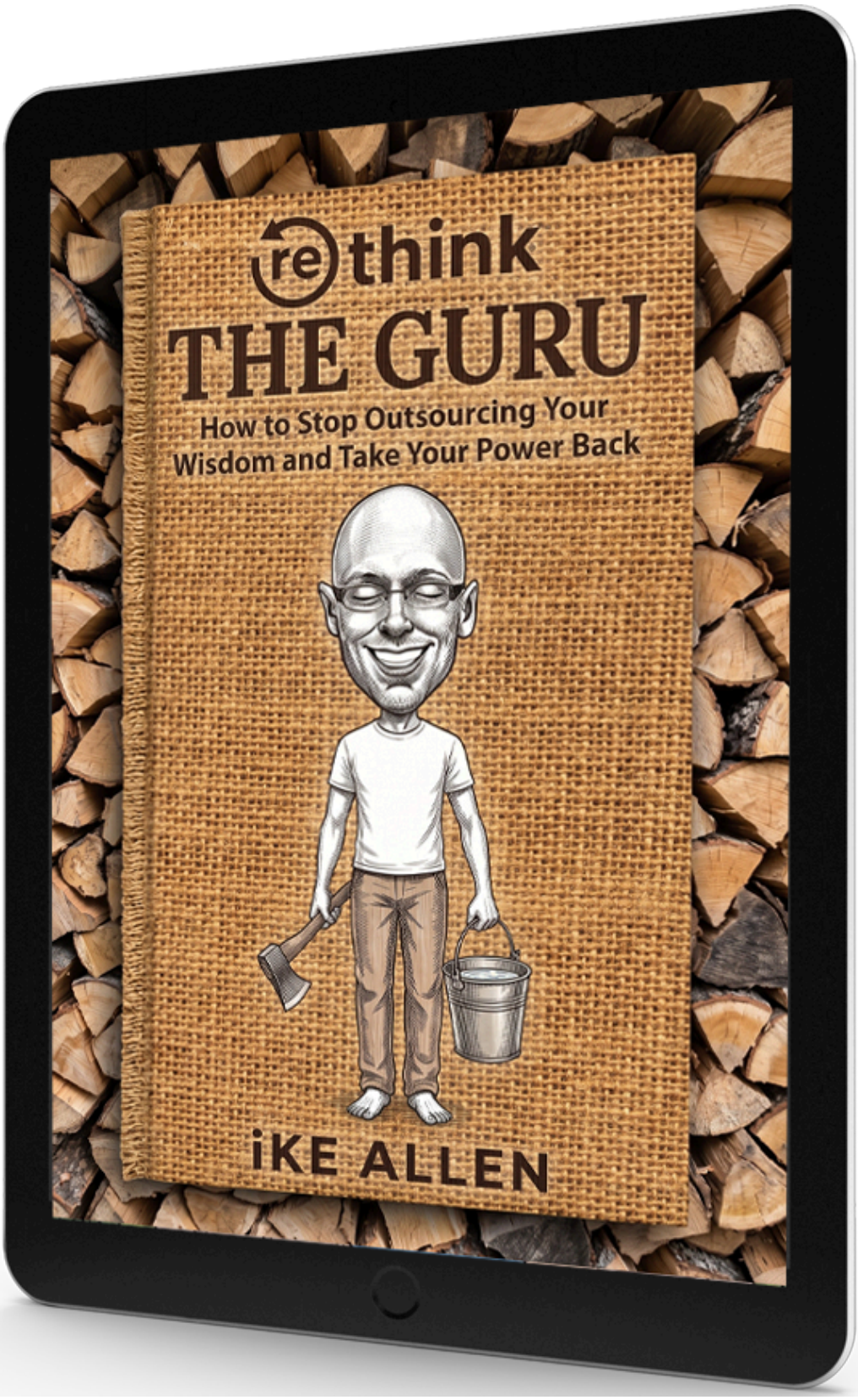

rethink
THE GURU
How to Stop Outsourcing Your Wisdom and Take Your Power Back
IKE ALLEN

ReThink The Guru

How to Stop Outsourcing Your Wisdom and Take Responsibility For Your Own Awakening.

Hi, it's iKE ALLEN, Founder of AVAIYA and Creator of ReThink & Somatic ReThink™.

My mission is to help you rewire your mind and body. I hope these tools guide you toward a deeply enriching, peaceful life you love waking up to.

Welcome to Book 3 of our deep dive series: **ReThink Enlightenment.**

In Book 1, we tackled the urge to escape reality. In Book 2, we stopped going to war with our own ego.

Today, we're moving into the third stage of this journey, and we're looking closely at one of the biggest traps in the personal development and spiritual world: The Guru.

This ReThink tool is for the person who is exhausted from constantly searching for the "right" answer outside of themselves. If you find yourself endlessly buying the next book, flocking to the newest spiritual teacher, or putting experts on a pedestal because you believe they have the secret formula you're missing, you're out of touch with what Enlightenment is all about.

Yes, there are amazing teachers in the world you are experiencing, but they can only get you so far in your journey. Eventually, each of us needs to quit relying on outside gurus and truly listen to a higher power of our understanding (God, Awareness, The Universe, etc.).

I know that's not easy, and I remember my own challenges with hoping someone else would solve my problems for me and just *tell* me what enlightenment was. I also remember asking my higher power to speak to me, but never actually listening to the answer.

As Joseph Campbell said, *“You must be willing to let go of the life you’ve planned so as to have the life that is waiting for you.”*

If you say you’re willing to "let go and let God," but you truly aren’t, you’ll still be struggling in five, ten, or twenty years. Sure, you’ll have joyous moments of free will, but true peace only comes from learning to listen to your higher power and then doing what it’s guiding you to do—whether your ego likes it or not.

A Course in Miracles says, *“You do not perceive your own best interests.”*

Think about it: Why are you asking your higher power to show you the light if your egoic arrogance already believes you’ve got it all figured out?

This workbook is going to help you **ReThink The Guru**—giving equal power to physically pulling your energy back into your own body and actively rewiring the faulty stories in your mind that tell you a human expert knows what's best for you.

We're going to help you stop pushing your responsibility onto evolved prophets, and show you how to use your willingness to surrender to a higher power of your understanding.

You can finally become the ultimate enlightened authority on your own life—and that authority is NOT your ego!

The Outsourcing Glitch

When we begin our healing or spiritual journeys, we usually feel incredibly lost and overwhelmed. The territory is new, and the uncertainty is terrifying.

Because of that fear, your brain learns a specific survival strategy: *If I can just find an expert, a guru, or a perfectly enlightened teacher to tell me exactly what to do, I won't make a mistake, and I won't have to be responsible.*

This is the "Outsourcing Glitch." You subconsciously link your safety to having an external, human rulebook. You start treating teachers not as human beings offering helpful tools, but as flawless saviors holding the keys to your happiness.

It’s actually an incredibly cruel way to treat evolved beings who have put the time and effort into letting go of the wheel, accepting their divinely inspired path, and feeling a calling to help others.

But I want to share a hard truth with you today: **Constantly looking for a master to fix you is just a socially acceptable way of abandoning yourself.**

Putting someone on a pedestal doesn't elevate them; it just diminishes you. No guru, life coach, or spiritual teacher (including yours truly!) can do the heavy lifting of surrender for you. Today, we’re going to ReThink that protective reflex.

Step 1: The Quick ReSync™ (Clearing the Physical Static)

You can't logic your way into trusting yourself if your nervous system is sounding the panic alarm, desperately looking for an adult in the room to save you.

When we outsource our wisdom, we’re essentially handing a stranger the steering wheel to our life and crawling into the backseat. The Quick ReSync™ yanks you back into the driver's seat so your brain feels safe enough to surrender to the *right* navigator.

1. The Guru Catch: The exact second you notice yourself panicking for an answer, blindly agreeing with a teacher even when your gut says "no," or thinking, "I wish they would just tell me what to do"—freeze. Catch the thought: *"I am handing over my power right now because I'm terrified of making a mistake and trusting the divine path."*

2. The Authority Anchor: When we put a human on a pedestal, we disconnect from our own physical core. We need to physically reel that energy back in. Sit down or stand with your feet firmly planted. Place one hand flat over your heart and the other flat over your belly button. Press in firmly. Take a deep, slow breath, feeling your belly physically push your bottom hand outward. Say out loud to your nervous system: *"I am right here. I am ready to listen."* This physical pressure over your core signals to your vagus nerve that the divine answers you need are already inside the house.



Step 2: The ReThink Shift (Rewiring the Mind)

Now that your energy is anchored back in your own body, it's time for the real work.

Enter The ReThink Shift. The core of this method is rewiring your story, and that is exactly what creates lasting change. We have to challenge your urge to blindly follow by putting it on trial.

- **The Core Concept: The Follower vs. The Inner Compass.** Fear wants you to believe that you are broken and need an expert to fix you ("If I just follow their steps perfectly, I will finally be enlightened"). Grounded reality relies on spiritual self-trust ("Teachers offer tools, but I am the one who must surrender to build the house"). We have to ReThink the guru not as a savior on a pedestal, but as a fellow human being who happens to be holding a flashlight.

The ReThink Exercise:

- **The Old Story:** “I don't know what I'm doing. I need to find the right teacher, the perfect book, or the ultimate guru to tell me how to heal, live my life, and hopefully, just do the work for me.”
- **The New Reality:** “I am the ultimate gatekeeper to surrendering to a higher power of my understanding. It is safe for me to trust this voice even if my ego wants to fight the divine path I feel moved to follow. I am trusting my own inner compass.”

Your Turn: Identify your biggest "outsourcing" trigger right now (e.g., jumping from one life coach to another, ignoring your gut feeling because an "expert" said something you just don’t want to believe, or constantly hoping your guru will somehow do the difficult work of surrendering for you).

What is the story your ego is telling you versus the indisputable reality of your own spiritual authority?

Line 1 (My Outsourcing Trigger):

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_____
_____

Line 2 (The "They Know Better Than Me" Story My Ego Made Up):

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Line 3 (The Grounded Reality of My Higher Power):

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The ReThink Override: Taking the Pedestal Down

Use this space to actively challenge your brain's urge to outsource and practice trusting your own higher power.

1. Map the Pedestal. Who are the people in your life (authors, coaches, teachers, leaders) that you have placed on a pedestal? Write down the names of the experts whose advice you desperately seek, but whose guidance you ultimately refuse to apply.

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2. The Cost of Outsourcing. Look at the facts. You might think following a human expert is keeping you safe from making mistakes, but what is the emotional cost of never trusting your higher power? Identify three ways pushing your responsibility onto a guru is actively keeping you stuck or draining your spiritual confidence.

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3. Plan Your Authority. Write a clear, grounded "Inner Compass Mantra" to say out loud the next time you feel desperate for someone else to give you the answer or do the work for you. (e.g., "I can learn to hear the voice of my higher power on my own," or "I will pay attention to the signs all around me and quit resisting what I sense my higher power is guiding me toward.")

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iKE's Final Thought: You Build the House

Spiritual teachers, coaches, and authors can be wonderful. They can hand you a hammer, show you how to use a saw, and offer you blueprints that worked for them.

But you're the only one who can finally turn yourself and your life over to a higher power of your understanding and finally build a life you can truly love.

Surrendering is terrifying because it means you finally have to take responsibility for your own choices. If you make a mistake, you can't blame the guru anymore. But trusting your higher power to show you the way, paying attention to the signs, and finally learning to quit making everything about the little "you" is the turning point in your life.

Take the pedestals down. The people you admire are just humans, perfectly imperfect, figuring it out just like you. You are safe enough now to trust your own inner compass and begin a direct, unfiltered relationship with a higher power of your understanding.

As always, I want to remind you that we're all on this ReThink Journey together.

We're all life explorers here, but we aren't always moving at the same speed. And you know what? That's completely okay.

Through ReThink™ and Quick ReSync™, I believe we're all on our own individual journey, yet we're traveling side-by-side.

You're going to love the days when you're piloting a rocket ship, breaking barriers, and flying high. But there are also going to be days when you feel like a car stuck in traffic. You might even have days where you break down on the side of the road and just need to sit there for a while, feeling a little frustrated or sad.

And hey, that's okay, too. Whenever you're finally ready, you just lace up your sneakers and walk the path—one step at a time—back toward your best life.

I'll Meet You Where You Are.

I don't care if you're speeding down the highway or taking the scenic route. I just want to make sure you have exactly what you need to keep moving.

Think of the ReThink tools as your roadside support and your launchpad all rolled into one:

- **When you're walking,** ReThink is the bridge to get you over the gap.
- **When you're driving,** ReThink is the premium fuel to keep your engine running.
- **And when you're finally ready to fly?** We're the runway.

How I Support You

Every single week, I send out supportive resources designed to meet you in the moment.

Keep an eye out for all my free **Tuesday Tune-Ups**.

No matter where you're trying to get to—or how long it takes you to get there—I'm building new pathways to help you arrive.



Keep ReThinking,

iKE ALLEN Founder of AVAIYA and
Creator of ReThink & Somatic ReThink™

P.S. Visit us at AVAIYA and discover countless free resources **HERE.**



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