

Your FREE Report is here!!



The **Amazing Thing** that helps **teens improve exam scores** without more studying, **build confidence** without therapy or medication and **make excellent decisions** without years of trial-and-error.

... and so much more!

*The Heropath experience is one that no-one can prepare for but one that no-one can forget. This weekend has changed my view on life and also my expectations of it. It can be explained in five words "life changing and mind blowing" Recommended to anyone and Everyone!*

Ben, 16, Reading

## The Amazing Thing That Is Changing Teen's Lives In One Weekend

Thank you for requesting this free report and for taking the time to learn more about this revolutionary new program. Through our weekend workshops and through private mentoring and training, HeroPath For Teens™ has helped hundreds of teens around the globe take quantum leaps forward into being equipped to live truly successful lives.

Yes, it helps them to improve scores in school, often without spending any more time studying. Yes it helps them resolve many of their insecurities to become truly confident and sure of themselves, without needing medication or psychotherapy or treatment of any kind. Yes it is helping them to become excellent decisions makers who know what they want, when to say "yes", when to say "no" and perhaps most importantly, to be bold enough to do so even when it isn't easy or convenient.

**But that is just the beginning.**

*What is The Amazing Thing?*

It is called the MythoSelf® Process.

It is based on a very thorough and tangible 25 year study of the nature of human performance and the structure of excellence - what makes people both be and perform at their best. People often refer to things like "Flow" or "Being in the zone" or "On top of their game" when they think of being and performing at their best. Those concepts are very similar to this; however, this is even more than that.

This is not about Feeling great, it is about a way of BEING where everything is aligned internally and you are experiencing:

- **Total mental clarity**
- **Balance and high energy**
- **An empowered sense of readiness**
- **Quick responsiveness**
- **Ability to track lots of information at once**
- **Easy access to a wide range of behaviors and responses**
- **Ability to stay positive and solution oriented, even in crisis**
- **A confident sense of direction**

**They key to what makes the MythoSelf® Process so positive and valuable, is that it is about the internal structure of how to be and perform at one's best, and this internal structure is unique and idiosyncratic to each individual.**

This report will explain in detail what we mean by *internal structure*.

## *An Israeli Commando made a discovery*

The MythoSelf® Process has been available since 1995 and thousands of people - mostly adults - have attended trainings to learn this for themselves, primarily to improve performance, improve relationships and live more confidently and boldly.

It really has been around a lot longer than that though... going back all the way to the 1960s in South Africa when a young South African man named Roye Fraser emigrated to Israel, joined the Israeli military and found himself very quickly immersed inside the inner circles of the most advanced, sophisticated military in the world.

He was clearly tagged and identified very early on as having that something extra, no doubt that rare caliber of genius, that makes some people invaluable..

While none of us will ever fully know the things Roye knew and was privy to (he took many secrets with him to his grave), his lasting legacy that he did make available to a handful of students and apprentices lucky enough to spend time with him in the 1980s and early 1990s, was a body of work he called the Generative Imprint™.

**One of the stories he was said to have told was a realization he had when he was a leader in the military.**

He noticed a very particular pattern that led to predictable results. It went something like this:

Two soldiers would receive the assignment for the day. One would immediately go into a mindset of hoping he came home that night. The other would calmly plan what he was having for dinner that night after the mission.

Inevitably the one who planned what he was having for dinner that night, came home. Too often, the one who started out only hoping, didn't.

**Many years later when Fraser had moved to the US, he continued to see this same pattern play out, in countless people's lives:**

**What they expected, they got.**

Now armed with the new tools he had mostly self-trained and educated himself in - things like hypnosis, neuro-linguistics, somatics, semantics, psychology, etc, *he began to notice something even more subtle.*

*People's expectations were not just thoughts in their heads, they were actually stored in their bodies.* The further he explored this, the more he began seeing the overwhelming amount of information stored in every thing people said and did.. the ways they moved... the ways they tilted their heads... the tonality of their voices..

***Suddenly to him, everything became relevant... and I mean everything!***

*(Note: This will make far more sense as you get further into this report - the most comprehensive report ever written on this work)*

Roye Fraser became known as a “wizard of change”. People would go to spend a weekend studying with him on his farm in rural New Jersey or his home in Mystic, Connecticut, and return with a different sense of how they moved through the world, what was possible for them and most importantly, they began generating serious results in their lives.

**Job performance improved. Relationships improved. Health improved.**

Yet Fraser never wanted fame or even great wealth. He didn’t want to be the next Deepak Chopra or Tony Robbins. This is one reason you’ve never heard of him.

Like many genius eccentrics, instead he had a fascination with his work and he wanted to live life on his terms, which included only working with those select people willing to do what they needed to do to work with him. Thus he never made it easy for people to find him or gain access to him.

He made it even harder for anyone to learn exactly what it was he was doing that was making such an impact in people’s lives. He recognized both the power of his realizations and his work, and the demands it would take to truly learn it. This made him hesitant to give it away to others.

In the late 1980s a young man from Newark, New Jersey, saw an ad in the back of a magazine that read simply: “Stalking Reality” followed by a quote that endorsed Roye Fraser as a brilliant teacher. That man was Joseph Riggio.

Riggio followed the ad and the trail of crumbs - a fascinating story in itself if you ever get to hear him tell it! - that led to him spending a weekend with Roye Fraser with a group of others. That weekend set Riggio on a whole new journey in his life.

He would go on and spend almost every weekend with Roye for the next 5 years.

While Roye never made it easy for Riggio to learn the inner-workings of his work, over time he saw in Joseph the kind of person who had what it took to develop mastery. Not only was Riggio the kind of “soldier who planned his dinner”, he recognized that Riggio had the genius, the humility and the tenacity to ensure his “dinner” included learning to do what Fraser had learned to do.

Fraser respected this. He slowly began to let Riggio in... he revealed to him some of the secrets of his work. More than anything he let him “sit at the foot of the Master” for thousands of hours, watching Fraser do profound life changing work with people.. helping them to restructure themselves, literally, from head to toe and back again...

Somewhere along the way Riggio began to figure a key piece of Fraser's work out... *It is not the words Roye is saying, it is what they are getting people to do in their bodies!*

As their bodies change, so do their lives. The words help people shape stories and the stories help them shape their lives and the shape is what becomes their lives.

**To an outsider, it was so esoteric as to be absurd!**

**To those experiencing it and benefiting from it though,  
it was amazing and simple.**

By 1995 Joseph Riggio had fully committed his life to bringing this work into the larger world. Using his own story and background as the testing ground for the validity and credibility of the work, he began to inspire and empower many others.

He'd gone from building a successful architecture practice, to divorced and broke, living in his parents home at 30 years old, to becoming a dog trainer to becoming an elite corporate consultant, happily remarried, raising a family and traveling the world doing work he loves. The details left out here, complete a remarkable story.

By January 1998, he was already running a practice on three continents utilizing Fraser's work. He was working with people individually to help them create the change they wanted in their lives - changes Fraser had helped him to create for himself. He also was applying these same principles to corporations, becoming a top consultant to leaders of some of the world's largest companies.

**Joe had become what his parents called, "A 20 year overnight success story."**

In 1999, he decided to teach this work to a handful of dedicated students. Des Barry and Jeffrey Leiken, the lead trainers of HeroPath For Teens™, were amongst that group.

Now, more than a dozen years later, there are several dozen highly trained, highly skilled practitioners and facilitators of what Riggio calls, The MythoSelf® Process. There are only a few Trainers, and besides Riggio himself, only one Master Trainer, Jeffrey Leiken.

Roye Fraser's genius and realizations about the nature of human performance and the structure of excellence lives on in the legacy Riggio has created through the MythoSelf® Process. Without compromise.

*"My son Rew attended a Heropath event six months ago;: the wisdom and application of all he learned continues to shine through. I cannot commend this weekend workshop too highly, so take a closer look."*

Richard Elkington, Chesham

## *The Birth of HeroPath For Teens™*

*If you'd had the privilege of sitting in a training room with the old Commando Roye Fraser, he'd already be noticing the things you are doing as you read this report. He'd notice how you may have shifted your posture, crossed your leg, rubbed your chin, curled your eye brows... things that to the common eye mean nothing.*

*He'd also be noticing the way you use language, your phrasing, whether you speed up or slow down as you talk about different topics, things like this.... You wouldn't know that he was paying attention to this, but he knew enough to only notice the things that would enable him to prove helpful to you.*

So do we.

Though it has been available to adults for over 18 years, we now offer a training exclusive for adolescents - mostly teens and young adults.

**At our HeroPath For Teens™ workshops, we teach a select group of teens to begin immediately implementing Roye's wisdom into their own lives,** empowering them to benefit from the ability to be and perform at their best, to make their best decisions and to live lives with the same traits, qualities and values of the truly extraordinary heroes and geniuses of our world.

**What they learn at HeroPath For Teens™ opens up a world of possibilities for them that few their age will ever know.**

The key to what then makes the HeroPath For Teens™ workshop so effective (we 100% Guarantee results) is that we teach each participant their own unique way of being and performing at their best. Unlike many therapies or personal growth workshops, what we teach is tangible, not esoteric or psychological.

*As tangible as yet another shift you made in your posture since you began reading at the top of this page... tightening the jaw, leaning forward, raising a shoulder, etcetera... You have to experience it to truly get how valuable this is.*

In fact, we teach it so effectively and so explicitly, that when teens leave the workshop, they are able to access their unique internal structure of excellence for themselves, to make decisions like this and live life from this way of being.

*"Personally I think our daughter Katie is now streets ahead of most adults, let alone other teens, in terms of her self awareness and development."*

*Maureen Silvester, Dorking*

*Yes it takes practice. Yes it takes time to learn.  
Most importantly, yes it works!*

**You were a teen once yourself, so you can certainly remember what it can be like to constantly be *over-thinking and even obsessing about what others might think or say about you... being self conscious. It can be exhausting!***

**Armed with this newfound confidence, focus, clarity, etc., that teens gain here though, they are no longer inhibited by the things that once limited them.**

**They have learned how to control their reactions.**

*When they learn Fraser's techniques and strategies that what we teach them - things they can easily do - then they are in control.*

Applying what we teach them, people who once intimidated them, no longer do.

Situations that caused them stress, no longer do. (Many find grades and exam scores go up because of this.)

Goals that seemed unachievable, now become achievable - and achieved.

Potential starts being realized.

Life is too short to spend it any other way. What a gift to get this self-power at such a young age.



*How does the MythoSelf® Process work?*

The MythoSelf® Process utilizes tools from various disciplines such as Somatics, Semantics, Neuro-Linguistic Programing (NLP), brain research and Mythology. It is built entirely upon the foundational work of Roye Fraser known as the Generative Imprint™.

The tools from these disciplines allow practitioners of the MythoSelf® Process to recognize and teach people the most subtle, idiosyncratic things they do in their bodies that leads them to be and perform at their best.

**What years of MythoSelf® study has revealed - and that Roye Fraser discovered in his own unique way - is that being and performing at one's best is far more physical than it is mental.**

Unless a person is doing the right things in their bodies, all the mental things they may do (things like positive self-talk, visualization, listening to motivational talks, etc.) will not sustain. **Anyone who has listened to a motivational speaker or attended an inspiring workshop, only to find that after a few days the excitement dissipated and they returned to their normal ways, will understand this!**

*Just think about how you feel after a good exercise or a yoga class... the sense of calm, relaxed focus and well being these give you... Imagine if you could sustain that focus of mind and sense of well being all the time...*

Using the MythoSelf® Process, we now teach teens how they can sustain many of these benefits, even when they aren't exercising or in the ideal setting.

**At first it all seems totally strange to them (as it does for many adults when they learn the MythoSelf Process)!**

Being asked to adjust their posture right down to the minute details like what muscles to relax, which way to tilt their head, how much to lift their chin, where to put their weight on their feet when they walk, is definitely not the "ice breakers", leadership games and motivational stories they came in expecting!

*But then,  
typically by the end of Friday evening,  
they begin to get intrigued....!*

"I admit I had absolutely no idea what Jeff was talking about at first. I spent most of the first few hours convinced I was wasting a precious weekend when I could be out at a party with my friends. But then when we got together in small groups and they asked me the question "How are you when you are at your best?" and showed me how I kept making this gesture with my hand, I all of a sudden knew I was in the right place. It is weird at first and it is so hard to explain. You just have to come and experience yourself to really get it!"

- Max, 15, London

*Then there is the mental aspect, not what you think but How you think*

Then there is the mental aspect – specifically where people put their attention. This does matter. *It just doesn't matter in the way 98% of the self-help pop-psychology sources say it does.*

Why?

**Because even where people put their attention is partially a physical process.**

### *The 3 Points Of Attention:*

A fascinating fact:

**What we have found - which was one of the secrets of Roye Fraser's effectiveness with his clients - is that when people are being and performing at their best, they consistently access THREE specific points of attention** – meaning their eyes are literally focusing upon and oscillating between three specific points at such a fast pace that they are almost indiscernible to the untrained eye.

No two people share the exact same three points of attention. Everyone's locations for these are uniquely different. *It's biological. It's just how our brains work.*

*Knowing how to find these points of attention and then teach them to clients is part of the craft of the MythoSelf® Practitioner - it is you could say, at the heart of the secret of what makes this work.*

If it sounds complex, this is because it is!

MythoSelf practitioners typically spend five years learning to do this work to be licensed to train on their own, most of them studying directly with the designer of the MythoSelf® Process, [Dr. Joseph Riggio](#) of Princeton, NJ and with [Jeffrey Leiken, MA](#).

*"I had no idea what to expect but I met Jeff and he intrigued me enough, so I signed up and went. By Sunday morning, my life had changed. I knew what I wanted to do with my life. I knew what the next steps needed to be. It is four years later now and I am living my dream. It is not always easy, but I know how to control myself, make excellent decisions and stay on course. Knowing how to do this has saved me countless times. If they taught this stuff in school it would change the world."*

-Aaron, 21, London

*The Culmination of a MythoSelf Experience:*  
*There's a Perfect Story For You...*  
*We'll Tell You What It is*

*The Old Commando would sit on a stool in front of the room and inevitably would begin what seemed like a random story. They often began something like this:*

*"I sat next to this guy on a plane to Miami last week..."*

*And if you were in the room then, you'd wonder, "what does this have to do with anything?"*

*Then he'd continue: "Now to really understand this story you have to remember what was going on in the world in the summer of 1972..." "*

*And then for the next 45 minutes he'd weave together a compelling string of stories and you'd forget where he started and even lose track of time altogether. Then suddenly 25 minutes later, he'd say something in a particular way and someone in the room would sit up and make a shift. Inevitably at the end of the day, that person would say, "I really loved that story you told about the guy you met on the plane... it really spoke to me" and someone else would say "I loved the part when you said..." and someone else would say, "I don't even remember him saying that! What spoke to me was when he told the part about..."*

*What seemed like random ramblings of an eccentric old man, were actually the words that flowed from the genius of his work.*

The MythoSelf® Process is not a yoga posture or a meditative state achieved in a dark quiet room that becomes difficult if not impossible to sustain the moment the environment changes.

Instead, it is, like life itself, dynamic, empowering a person to be able to adjust and move and adapt in time as life is happening.

**One way we do this is to help teens to consider their lives as an evolving journey, specifically as a mythological story.**

Fraser realized that people think in stories... they form their expectations about life in stories... and ultimately the only way they can ever maintain change, is by changing their story.

One of the rare gifts of Royce Fraser's and of Joseph Riggio's and of Jeffrey Leiken's is their talent, even genius, with telling stories... Story tellers of this caliber in the oldest human tradition, are captivating to listen to and can make time stand still... They are a rare breed.

But story tellers in the MythoSelf work do not tell stories to entertain, even though they can extraordinarily entertaining (Teens are often surprised by how much they laugh over the course of a HeroPath weekend!).

MythoSelf people realize that the work is little more than an amazing feel good experience, without it also being attached and deeply interwoven with the perfect story for each participant.

**So we, like Roye, use stories... lots of them... stories as metaphor... stories as examples... stories as myth... But not random stories that belong in Chicken Soup For The Soul feel good self-help books or on inspirational youtube videos. Instead we identify then tell teens back their own unique story - their personal myth - with the details added in that allow them to take what they learn here into their lives and to sustain the value of this work for a lifetime.**

**These stories are selected to perfectly match the missing links in teens' thinking about life that has kept them from having the confidence, poise, direction and all it takes for them to achieve their potential.**

**These are the stories that change lives.  
Everyone has one that will do this for them - you do too.  
Every teen who attends our training, leaves knowing theirs.**

**And your teen will too!**

## *What The Experience Of The Weekend Is Like For Teens*

Since the the MythoSelf® Process is designed to train people to be their best all the time, and the intention of the weekend is to help teens to live a life this way, the whole experience for teens tends to be totally positive, extremely interesting and profoundly useful.

Because the participants are all in the same stage of life, many topics (like challenges they face as teens in school, with friends, decisions they need to make, etc) come up in discussions with adults and they get the benefit of hearing our stories, getting our suggestions and advice on how to handle challenges, and even in some cases, a chance to practice these skills.

If you read our Newsletters on the HeroPath website you will read a whole series of stories about teens who have gone through the workshop and how they applied this in their lives. **[This one](#) (<-- click there!) alone is a great example of a boy who came to the workshop lacking the confidence to lead others, and left it winning awards for his success in doing so!**

## *The Value Teens Receive Here!*

Whether it is wanting more social confidence, needing help making decisions (like what to do with their lives), preparing to excel under pressure in sports or in school, or any of a number of other common things teens struggle with, everyone who comes through our program finds value in it.

**Due to scheduling constraints** with our Master Trainer Jeffrey Leiken, who comes to us from San Francisco, California, **we are only offering three HeroPath For Teens™ programs in the UK in 2011.** The first one is coming up in February. **(25-27 February).** **The second one isn't until September.**

**Space is limited to 18 participants. Once the room fills, you will go on a waiting list.** Space rarely opens up. It will be many months before another opportunity to learn this process in this way becomes available.

Contact Des Barry to register your teen. He is happy to offer a free 15-minute phone consult to any parent who requests one. Be sure to ask about our 100% Guarantee, and the new monthly coaching calls we are adding in 2011.

You've read this far... Now it is time to take action... Don't let another week go by of your teen being distracted, self-doubting, underachieving... We will change this but only if they show up and let us begin teaching them what they are really capable of... what it really means to be in control... what it really is to be truly and fully themselves.

The journey begins when your teen shows up in February.

Remember: We Guarantee It!

**Contact Des Barry:**

**[HeroPath1@aol.com](mailto:HeroPath1@aol.com)**

**[www.HeroPath.co.uk](http://www.HeroPath.co.uk)**

**(44) 0-1923-267-107**

**Venue location:**

**Hunton Park, Hunton Bridge, Herts (near London and Watford)**

**[To Register Click Here](#)**

## **“My life was put back on track”**

**Scott's story:**

*A few months ago my life changed and was put back on track. Heropath came into my life just at the right moment. It all began when Des offered me a place on the course at Christmas. I took the opportunity to try something different and decided I would go with an open mind, as I wasn't really sure what I was going to do there, and if it was worth going to. What I learnt and found out was much more than I what was expecting. I got so much out of it; it's hard to describe what happened.*

*Heropath came into a point in my life at a crucial point, altering my future, and that will stay with me for the rest of my life.*

*This is one of the many reasons why I want to go back, and because I feel I have so much more to learn. The buzz I got from the weekend was so amazing and lasted for weeks. On the way back in the car my mum asked me what happened. As soon as I opened my mouth words just floated out, like never before. I couldn't keep up with myself! That night I don't think I got a wink of sleep, but I felt so amazing and free, I didn't have a care in the world. The next day I was up and ready to go back to school, which is very unusual for me!*

*The Heropath weekend was the fastest, most intensive, rewarding weekends ever. The things which were said by Jeff and the rest of the team where so inspiring, and the life skills I learnt, I will continue to use.*

*This isn't half the story! You have to go and experience it for yourself, everyone's experience is different and what I learnt that what you learn becomes seconded nature.*

**- Scott, 16, Midlands - UK**

# **Addendum: FAQ's**

Some common questions we get asked:

## **What is the experience like for teens? Is there a lot of lecturing like school?**

No matter how hard we try to describe it, teens inevitably come in with expectations that this will be “like school”. Thus they come in the first night hoping it won't be boring but expecting it will be! Some of them who have been in counseling programs, also come in a bit guarded that they will be asked to speak about personal problems. The HeroPath For Teens™ program is a forum for neither of these!

They quickly learn that this is anything but boring. Not only is the content that is taught typically very interesting and immediately relevant for teens, it is also taught in a high energy, fast-moving way that is often very funny and even at times has them laughing hysterically. Then by the end of Friday evening, after having gone through the first exercise of the MythoSelf Process, they learn that they will only be asked to speak about the best moments in their lives and their best memories. By that point, they begin to look forward to finding out where it is all headed.

## **Are there cliché “ice breakers” to make the group bond? Is this a cliché “team building” weekend?**

No! We do not play games with teens. Though many of them come in knowing no one, they do tend to bond with one another as the weekend unfolds. Because we do all our meals together and many stay at the venue, they get ample opportunity to bond. This is not a group process experience about teamwork, or about leadership. It really is designed so that they get individual attention while benefiting from the opportunity to learn as their peers go through the workshop as well. Often the questions that get asked by teen participants prove to be of interest to others, and lead to conversations that are relevant to everyone. Some of them stay connected long after the weekend.

## **What are the qualifications of the adults running the workshop?**

As of today, there are only a few dozen people in the world with the training and skill to teach this to people – and some of them will be spending the weekend with your teen. We always ensure the ratio of Facilitators to teen participants is such that every teen will get individual attention over the course of the weekend.

As important, the Facilitators themselves tend to be fascinating people who have led intriguing lives and uphold a high moral integrity. As a secondary benefit for parents who opt to send their teens to our programs, you can rest assured that your teen will be meeting and spending time with truly high quality adult role models who lead healthy positive lives, are in healthy positive relationships and have a genuine commitment to leading lives that make a difference. Many of them are parents themselves.

## How much does it cost?

£397.00 The fee for the workshop includes lunch and dinner Saturday, and lunch on Sunday, plus coffee, tea and all amenities for breaks. The fee also includes 6 monthly tele-conference calls for teen participants who want to receive further input and guidance beyond the workshop. There are discounts for early registration.

NOTE: The fee for private MythoSelf® Training and Mentoring with Master Trainer Jeffrey Leiken is \$3000.00 USD per month, which translates to over £2000.00. In that fee Jeffrey offers one full day in person, plus up to once a day contact via phone, skype, etc. Getting Jeff to travel here from the United States to spend his weekend helping our teens is a real commitment on our end. We have priced the workshop so low because Jeff has agreed to work with us to make it affordable to our teens. We realize that in these economic times it may be necessary to make payments over time. Contact Des Barry to inquire how this may work.

## Is this a treatment for troubled teens?

**Absolutely not.** This is an incredible personal enhancement training that helps teens take huge strides into embodying the confidence, clarity, resilience and poise they will need to thrive in these uncertain times. While we have had teens come to this who have struggled with many problems, they are not coming for treatment of any kind. They get the same learning and training that every one else gets, and this may be why they tend to love it as much as they do.

Most teens who come to our workshop are really good kids who may be struggling with typical growing up issues or teens who are looking for the edge in a competitive world. They tend to come from families who are more progressive in their approach to preparing their teens for real life, agreeing with us that it takes far more than an academic education to prepare young people for success in the 21<sup>st</sup> Century..

## How does the 100% Guarantee work?

We 100% Guarantee that we will teach each teen who attends the entire program, how to be at their best and to access the state from which they perform at their best.

They will know how to do this and will be able to do this fully on their own by the end of the workshop. If we fail to do this, you get your money back. FYI - In 5 years, we have never had anyone ask for their money back because we have a 100% success rate.

While we cannot guarantee that your teen will choose to apply what they have learned here, we will go over and above to help them integrate the learning into their lives. We now offer monthly coaching calls that they can join, plus we offer email access via a facebook email group. All of their posts and questions are guaranteed to be responded to in less than 24 hours.

Those who want to pursue further mentoring on an exclusive private bases, can speak directly with Jeff after the workshop. He offers steeply discounted fees for those who have attended a HeroPath For Teens workshop (typically £370.00 per month).

We also offer significantly discounted fees for any teen who wants to attend an additional workshop, and offer incentives for referrals making it almost free to attend again.

[www.HeroPath.co.uk](http://www.HeroPath.co.uk)

[www.Leiken.com](http://www.Leiken.com)

**Contact Des Barry:**

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