BREAKTHROUGH INTENSIVE

See your Health Differently

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PERSONAL BREAKTHROUGH INTENSIVE

Welcome to this intensive series on creating your own breakthrough experience. In this series you are going to learn about some of the core components of your mind. Learning to influence these components will allow you to create your own breakthrough experiences and automate your path to your ultimate reality.

You can use this technology in your finances, weight loss, parenting in fact, any area of your life, where you are ready to take charge.

This program consists of three powerful sections:
We will assess whether you are ready to transform your reality, today, and how to know if you are ready to take charge of your reality. Learn how to get you to the point where you know you will follow through and overcome any obstacle in your way.

We will get into the control room of your mind and learn how optimize some of the most powerful search engines of your mind. Once you make these changes, you could increase your mind power tenfold. Imagine what your life would be like if you could just double your current capacity.

Finally, I will introduce a powerful, deeply strategic process. This tool has helped some people in minutes, where extensive long-term psychotherapy, and various other interventions have failed.

Therefore, the overall objective of this course is to increase your consciousness of your neurological mechanisms, then empower you with the knowledge and skill to that will pull you toward the life you desire. You will be able to make on course corrections so that you will be able to track and follow through with the tenacity and accuracy of a heat-seeking missile.
Have you ever noticed that some people just have success on their side? It does not matter what they do, success seems to be attracted to them. The skills that you will learn here could almost present like the Midas touch. If you haven’t heard of the Midas touch let me explain.

King Midas was a very greedy king. Even though he was very rich he always craved for more and more. One day, he called his court magician and commanded, “Find me a spell that can get me more treasures than I already have.”

The magician said, “Your majesty, I can give you a power that no one else in this world has. Anything that you touch will turn into gold.” The king was delighted with his good fortune. Everything he touched turned into gold. He turned trees, grass, tables, chairs, flowers, and vases into gold. He thought that he must be the richest man in the world.

In the evening, when he sat down for supper, King Midas was dismayed. His food turned into gold the moment he touched it and he had to go to bed without any food. King Midas was, however, too greedy to be sad about it.

The next morning, the king’s daughter ran to hug her father. Alas! The minute she kissed him, she turned into a gold statue. King Midas, who loved his daughter very much, was very sad and he ran to the magician for help. He cried, “Please help me, Oh! Magician, I don’t want to be rich anymore. I only want my beloved daughter back.” The magician changed everything back to normal.

What is the learning from the story? There are two important learning’s; the first is that when we are motivated by greed we can expect that success may be very short lived. The technology that I am teaching you here is intended to contribute to the world and not to facilitate greed. The deepest principle that I teach is always to make it easier for you to share your gift with the world. My intention will never be for you to use the technologies here to get something for nothing. The second learning from the story is that each of us has own ability to create gold. Therefore, the magic to create value is something
that comes from inside and it’s our own magic that allows us to do this. Let’s understand teachability.

**THE TEACHABILITY INDEX**

The importance of this understanding cannot be over emphasized. This exercise on its own has the capacity completely transform your life as I have personally experienced a few times in my own life. People spend thousands of dollars, many hours of their own precious time on programs and new technologies and then never get the benefit of them. Some people have stepped into the trap of seeking the silver bullet, and there is no such thing as yet. Others just seem to want to find another way to fail and blame the program, or something else for what is not working in their lives. The reality is that there are many products even some of the most cheap and nasty ones that absolutely can make the difference that you are looking for. However, if you don’t implement those ideas, strategies, or technologies - your life won’t change. When you implement something new in your life, you will see your life in a different way, experience events in a different way, and therefore you will respond in a different way and get different results.

I believe that the your teachability is a fundamental requirement for you to make any change in your life even more so than the quality the material you may be consuming. There are so many people who are dabbling, or people who just know of things intellectually. I am inviting you to immerse yourself instead.

**Empty Cup**

There is an ancient Zen allegory, which is one of those stories that I remind myself of every time I start thinking to myself that “I know it all.” It is this kind of mindset, which has allowed me to find and experience some of the most profound technologies and allowed me experiences which I could not have imagined in my wildest dreams. I would never have been able to share the awesome technologies that I share with thousands of people today if it wasn’t for this mindset. It
concerns a Buddhist scholar and a Zen Master. The scholar had an extensive background in Buddhist Studies and was an expert on the Nirvana Sutra. He came to study with the master and after making the customary bows, asked her to teach him Zen. Then, he began to talk about his extensive doctrinal background and rambled on and on about the many sutras he had studied.

The master listened patiently and then began to make tea. When it was ready, she poured the tea into the scholar's cup until it began to overflow and run all over the floor. The scholar saw what was happening and shouted, "Stop, stop the cup is full; you can't get any more in."

The master stopped pouring and said: "You are like this cup; you are full of ideas about Buddha's Way. You come and ask for teaching, but your cup is full; I can't put anything in. Before I can teach you, you'll have to empty your cup."

This story is an old one, but it continues to be played out in our lives day-by-day. We are so enamored with our own ideas and opinions and so trapped by our conditioning that we fill ourselves up to the brim and nothing can get in.

If we empty ourselves out, let go, and cease to hold on to our views, the truth will come to us. So - empty yourself of your opinions and your next layer of truth will come to you.

**What is learning**

The reality for many of us when at school our learnings revolved around being punctual, neat, tidy and obedient, rather than developing our consciousness. We were being groomed to be successful in a factory or production occupation. Those of us who were best at doing this often did very well in exams. Furthermore, you were taught to be unconscious of your own consciousness. Therefore you were seldom asked to invest much of yourself in your work life, in fact you’re often told “work is at work and your personal life is at home.” I now invite you to engage in these activities with your deepest level of
enthusiasm, to avoid cheating yourself out of getting all the value that is available to you in this course.

Value
Who is really responsible for creating value in your life? Imagine for a second that you went ahead and purchased a blender. Regardless of how much money you spent in purchasing that blender, it is up to you to create value from it - is it not?

Imagine that you went ahead and bought this blender brought it home took it out of the box, and never used it then you will never get any value from it. Who was responsible for creating value from the purchase of your blender - you are of course. You could have made use of it every day and so created the healthiest smoothies that turned your health around completely. So, when we close ourselves to a new experience, something that is different or unfamiliar we deprive ourselves from the value that we could have received. That is why so there are so many unread books and unopened programs in the world. I therefore urge you to glean the full value that you could extract from this program. Realize now that there is no one person that knows more than a fragment of what there is to know.

Do you know how much you don’t know?
Very often we get trapped in our own lives and we believe that the knowledge that we have is all that there is to know. We get to the point of saturation or comfort where we believe that our lives are going to be what they have been. We operate from a worldview where we know what we know and many of us think that once we are adult we know, pretty much, what there is to know.

The reality is for most of us that each generation does know more than the previous one, but information continues to expand in every moment. At one point in time we believed that the Earth was flat, now we all know that it’s not-or do we? If we start to think about the Earth from quantum physics point of view, then the new reality is that shape is just an illusion and then there is no real shape.
Many of us think that the objects in our lives such as the earth, vehicles, our homes as well as all the other things that we touch and feel every day, as solid objects. The reality is that if we break them down to their smallest parts we find that they consist of space which means they really empty.

Once we thought you have only one body...it now is obvious that we go through a few in a life time...look at pictures of yourself when you’re a baby, we are a toddler, when you’re an adolescent, in various stages of adulthood. Have you noticed that your body doesn’t even look the same, you don’t have the same thoughts, and the reality is that you don’t have one single cell left in your body from those different stages of development? Our whole history is full of examples of beliefs that we had that were once true and we thought that we knew something, only to find that we didn’t really know because what we believed changed.

**IF YOU ARE NOT TEACHABLE, YOU ARE NOT COACHABLE AND THAT MEANS WE CANNOT HELP YOU.**

**What does it mean to be teachable?**
It means that you remain open to learning something new until you get to experience the value of the learning. You are therefore in a position where you can experientially test whether something holds true in your reality. That means you will need to suspend your own reality for a moment until you have experienced the value of the new reality, which you have learnt. Only then examine whether you are able to benefit from your new learning. I therefore urge you to always bear in mind when you are going to learn something new, firstly get an understanding of what you are learning, before you apply your current knowledge to your new learning. Otherwise you may experience a phenomenon called premature closure.

**Premature closure**
As in the case of people who shut down Galileo when he mentioned that the sun was the center of our solar system and not the earth. By
1615 Galileo's writings on heliocentric (the astronomical model in which the Earth and planets revolve around the Sun at the center of the Solar System) had been submitted to the Roman Inquisition, though his greater offense was his attempt to reinterpret the Bible, which was seen as a violation of the Council of Trent.

In February 1616, an Inquisitorial commission declared heliocentrism to be "foolish and absurd in philosophy, and formally heretical since it explicitly contradicts in many places the sense of Holy Scripture. "The Inquisition found that the idea of the Earth's movement " receives the same judgment in philosophy. Pope Paul V instructed Cardinal Bellarmine to deliver this finding to Galileo:

To abandon completely... the opinion that the sun stands still at the center of the world and the earth moves, and henceforth not to hold, teach, or defend it in any way whatever, either orally or in writing.

The one instrument, which Galileo had, and those who opposed him to not have, was a telescope. If you look through the lens of a telescope then what's Galileo said is pretty self-explanatory. But if you looked through the philosophy of the time, then you could only see the limited view.

Therefore, without the lens of the telescope the perspective that Galileo had becomes almost impossible to see. I hope that it’s become clear to you now, that even though I’m not asking you to blindly accept every idea or concept that I am going to reveal to you here. - I’m asking you that you open your mind and build your life on new personal truths that serve you better. Then you will be able let go of limited understandings, which no longer serve you.

How do I become teachable?
In absence of knowing everything there is, we should never approach life or anything new with an attitude of “I know it all already”. It takes courage to take a position that your reality is constructed from your consciousness of this moment and that your consciousness is always limited because there is always another layer of awareness. It’s like stepping on the rungs of a ladder: with each step up you are able to see
a bit more, and each time step up one more rung it feels for some time as if there is no more to see. Until you climb another rung.

Decide now that you’re open to growing, you’re open to becoming more know what you are in this very moment and allow yourself to be open to new learning’s and new insights. Allow yourself to be tolerant to the discomfort that you may feel from ideas that are not familiar to you. Decide that you want to transform your life today and decide that you are coachable.

The Teachability Index is dynamic and can change at any given moment. When it is high, you are very open to learn and very willing to change. When it’s low, you will, most probably, not get much out of the presented learning’s at the time. Let’s calculate your Teachability Index. Being totally honest with yourself, on a scale from 0 – 10, rate your willingness to learn and your willingness to change below. The sub questions will help you look inside yourself and find out the real answers at this moment in time.

1. WHAT IS YOUR WILLINGNESS TO LEARN (0-10)?
   - What are you willing to do?
   - How much time are you really willing to invest?
   - How much effort are you willing to put in?
   - How much money are you willing to spend?
   - What are you willing to sacrifice?
   - What are you willing to give up to learn this?

2. WHAT IS YOUR WILLINGNESS TO CHANGE (0-10)?
   - How ready are you to change?
   - How accepting are you of change?
   - What is your willingness to change how you think?
   - What is your willingness to change how you feel?
Examples:
- If your willingness to learn is 0 and your willingness to change is 0, then your Teachability Index is 0\times 0 = 0
- If your willingness to learn is 5 and your willingness to change is 5, then your Teachability Index is 5 \times 5 = 25
- If your willingness to learn is 10 and your willingness to change is 10, then your Teachability Index is 10 \times 10 = 100

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<th>YOUR TEACHABILITY INDEX</th>
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| WHAT IS YOUR WILLINGNESS TO CHANGE (0-10)? |       |
| How ready are you to change? |       |
| How accepting are you of change? |       |
| What is your willingness to change how you think? |       |
| What is your willingness to change how you feel? |       |
| Total |       |
Section 2

LIVING IN THE FEELING OF OUR THINKING

The main themes that we will discuss are: Your perception of what is possible and what is not possible for you. Secondly, how could you influence your reality? When people initially come into contact with what I am sharing here they are often surprised with the spontaneous new opportunities just appear like magic.

We will start working with a concept that that your perception of reality, is really just that, it is your perception of something that is seems out there. When in reality it’s not - it’s inside of you. The majority of people who come into contact with this idea for the first time, may take some time to digest it, but before long they can’t imagine that they could have ever imagined to live out there because an inside out reality just is so much more powerful.

If this is a new concept for you, I suggest that you suspend your disbelief a little and give yourself some space and time to develop this concept in your mind. Most of us are used to perceiving our reality from the perspective of an observer, who somehow experiences life as being separate from the events in the live of the observer. We therefore have an experience of ourselves as separate from the life outside of us. In this perspective it may seem as if you are placed in a reality where you randomly bump into life experiences, as if those experiences occur independent of you. This is why so many people are trapped in the illusion that they have very limited control over the events that occur in their lives. Many of us live as if we are actors on huge stage believing that something or someone outside of us are writing the script of our lives. If this perspective sounds familiar to you I’d like to open your mind right now.

I would just ask you to consider another possibility, I’m not asking you to accept this new reality as your absolute truth at this time, and
neither am I asking you to blindly accept what I’m telling you right now. Let me quickly explain how you can suspend disbelief.

**Suspend disbelief**
Imagine for a moment, that you are in a cinema, in reality we all know that the images that we see on the screen is only light that is reflected from a silver screen and there are no real people or scenery in front of you. But if we went to the movies and said well I’m going to sit here and watch little light particles bounce around on a silver screen. The experience of the movie would be lost to us! Therefore I’d like you to check in with your teachability right now I want you to create a space in which you are as open as possible to receiving, a concept which may be new and even foreign to you. Just for this moment I’d like you to put aside all that you know and all that you perceive to be real. Lets move on to our maps of reality.

**The map is not the territory**
If you looked at a map could be presuppose that “The map is not the territory", but what does that mean? The father of general semantics, Alford Korzybski stated, "A map is not the territory it represents, but if correct, it has a similar structure to the territory, which accounts for its usefulness.” What this means is that our perception of reality is not reality itself but our own version of it, or our "map".

**No two people can have exactly the same map.** While we all have similar neurological structure, it functions differently in all of us. This is the basis for our problems in communication when we try to impose our map upon another person. Learning to recognize the structure of another person's map allows us to "see the world though their eyes" and therefore understand and relate to others respectfully and accurately.

**How do we create our map?**
Our maps are created by gathering data through the five senses. Our senses bring certain aspects of the world to our attention, which go through neurological processes or filters, forming our values, beliefs, criteria (rules), and capabilities. These are often expressed consciously, yet most of the time they operate outside of our awareness.
and we don't realize that they can be changed to serve us in better ways.

They act like filters, when we pour a substance through a filter not everything passes through. Likewise, as information "pours in" from the outside world, it is output (our language and behavior) according to what we delete, distort, and generalize. Now that our filtering system has been introduced, let’s explore how these filters operate:

**Deletion**
Your conditioning decides what information is relevant and should remain and what gets deleted, as if it was never there. Deletion is vastly responsible for the up to 2,000 bits per second we are left with, from the 400 billion our senses originally received. With the extreme amount of information entering and being processed by our nervous systems, we’re forced to omit certain aspects of our current experience by selectively paying attention to other aspects of it. In other words, we focus on what is apparently most important at a specific moment in time and the rest is deleted from our conscious awareness. If I asked you what you were wearing on your first date with the love of your life, it is likely you would have some idea what you were wearing and some would even remember what their date was wearing, even if it was years ago. If I however asked you to remember one article of clothing that you wore Wednesday two weeks ago, most would struggle to remember. Similarly when one first gets into a relationship you exclusively sees the good in your partner. However sadly for many and the relationship wears on we tend to delete the positive and remember the negative.

**Distortion**
Distorting means altering or falsifying. Our mind will reflect the incoming data to the conditioning inside of us and alter the data to match the familiar, known world, based on our past experiences and learning’s. We misrepresent our reality through distorting our experience of pure sensory information. Being intimidated by certain people, frightened of a harmless situation, procrastinating, or misinterpreting what someone says, are examples of how people
distort reality. The process of planning, imagining or visualizing something also uses distortion as a way of constructing goals and compelling futures. We often see distortion in relationships when your partner has one or two negative traits of their parent you will hear the partner say things like “I married my father you are just like him.” However if one looks at the behaviors objectively one finds that there are an overwhelming difference between the husband and her father. But all other behaviors are distorted to conform to our expectation.

**Generalization**
The process of learning and drawing conclusions so that information can be applied for the achievement of any task requires generalizing. For example, a toddler who learns how to open a door for the first time quickly generalizes their new ability so that all types of doors can be opened from then on. Similarly, a negative experience may generalize through a person’s life and result in issues later on, i.e. being bitten once by a dog can result in a phobia of dogs, therefore you may learn that all dogs bite. We also may think that all men are unfaithful, these ideas are often not contested in our consciousness, and very often we are not even aware of them, as they cloud our judgments about our reality.

**How is "knowing" about what we do in our minds useful?**
Knowing about the various factors which effect human communication enables us to communicate with greater flexibility, while understanding other points of view better. Therefore we’re able to relate to people easily and respond to them on their terms. This builds rapport and allows for successful outcomes in leadership, mediation, and negotiation. It also facilitates empathy and compassion in human interactions.

In NLP understanding, how we filter and manipulate information is called the NLP Communication Model if we grasp the complication model it enables us to run our own minds. When you are able to start running your own mind you are creating a quantum shift in perception. The majority of the people in the world, live in a world where they are reactive, and in many cases, enslaved to the
conditioning of their past. Just being conscious of the fact that your perception is only one version of many versions of reality already allows you more power than you immediately realize.

**What do you really see?**
What would happen if you had access to the kind of tools that will allow you to turn your mind into a HEATSEEKING missile for everything that you want in your life? What do most people do however it’s a constant battle against your conditioning; it is a struggle between what you’d like to do and what you should do. Imagine if what you want to do and what you should do could be the congruent? The accomplishment of your goals would then become an effortless exercise. Having control of your mind would also give you more fulfillment in life, you will be less affected by external circumstances, all of this happens through gaining control of our internal processes. This leads to mental freedom, empowered responses, and more meaningful interactions with others.

Let me illustrate with an example exactly what I mean... imagine if put a bunch of jumbled words in front of you.

Do you think that you would be able to “see” something that is not there at all?
Read the paragraph below:

I cdnuolt blveiee taht I cluod aulacly uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid! Aoccdrnig to a rscheearch at Cmabrigde Unervtisy, it deosn't mttaer inwaht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey ltteer by istlef, but the wrod as a wlohe. Amzanig huh? Yaeh, and I awlyas thought slpeling was ipmorantt.
The majority of people can read the above, this is however a double-edged sword because you are seeing what is in reality not there it is only your conditioning that twists your perception. A person that was not taught in the western alphabet will not be able to rearrange the letters as most of you just did. How would this apply to your life?

Well our perception of the letters in the words are not the only thing that are conditioned. What we value that the stuff that is important to us in life is also conditioned. If you have a map that “values” good fortune you will see all that will benefit you. However if you “value” for bad fortune that is what you will “see”- only good and bad fortune. Lets get a deeper understanding of what values really are.
VALUES

What are values? I would like to mention that "values" is a subject that we teach on in our master coach program. So you are being exposed to very advanced material.

Our values system is what determines what motivates us towards and away from certain all our experiences. Therefore if I value helping others, I will become inspired at every opportunity that I have to help someone. However if have a value that is away from mean people, it will be hard for me to help mean people because I will have values which are in conflict. Whatever has emerged in your life is likely to be a direct manifestation of what you value positively and want you value negatively.

What are values?
Values are defined as unconscious filters that determine what we will experience as being important to us or not or not. Therefore it may be so that you consciously wanted to amass a great amount of wealth, but you did not value wealth much unconsciously. It would take so much internal energy for you to get yourself going and motivated to make money that it will almost be impossible to create the results that you were consciously after.

The subject of values is so vast that we could spend easily spend two weeks teaching and only scratch the surface. Therefore we will be very practical in creating an understanding of values, so that you come away with knowledge that you can use in your everyday life.

It's important to know what personal values we want to achieve in life, in and outside of our careers. Then we can make career choices that help us meet the most possible of these values. Making an initial list of our values is usually the easy part. Most of us can come up with a long list.

The real challenge - the tough part of determining values - comes in the choices we have to make in setting our priorities, in deciding which
values we will give up or trade off when we face inevitable contradictions.

I don't know about you, but I want everything. I don't want any contradictions or forced choices. I want the freedom and flexibility of a single life and all the rewards of a loving spouse and children. I want to live in a small, intimate, low pressure, academic town and have all the challenges, money, and status of a job that may only be available in places like New York or Chicago. I want some super being to come along and let me have it all. I don't think I'm unusual in this. I think most people, reasonable or not, want just about everything.

If I face the unpleasant reality that there are contradictions and I can't have everything - I'll probably discover I do have some preferences. Precisely what we want and in what rank order is distinctively different for each individual. Accepting someone else's, organizations, peer's, or teacher's is what gets us in trouble. Accepting someone else's rank order for me is unwillingness to do my own tough thinking, or excessively conforming behavior.

If I wait for Santa Claus to give me everything, Santa will not come. Someone or something else (e.g. an unexpected opportunity for a location move) will make the trade-offs for me. Both are really non-decision options, and both are dangerous. Letting chance or someone else make the trade-offs for me will rob me of many things I want most and substitute things I don't want nearly as much.

**How do we establish our first set of values?**

If our values are one of the most important ways in which unconsciously decide, what will be deleted, distorted and generalized from our reality. We would imagine that if values played such an important role in our lives, we would have a very sophisticated way to construct these important filters. However this assumption would be very far from the reality. The majority what we value is just “copied and pasted” from the most nearby convenient person through a process of modeling. We pay no- or very little attention to the quality or the validity of our values. In fact by far the majority of the process is completely unconscious. In fact I am yet to meet a person who knew
that they had an established hierarchy of values, before they went through the elicitation process for the first time. We just experience ourselves to be motivated by some experiences and not by others, thinking that that we should fight with ourselves when discipline does not feel natural. People tend to think that they are lazy, broken in some way, or that there is some physical or emotional ailment keeping them from what they want. All of these are real and valid experiences, but what drives them is often our unconscious adopted value system. Therefore you just need to change what you value and whatever you believe is blocking you will dissolve.

We all remember the heyday of affirmations...affirmations are really just a long slow way of changing your values. The major shortcoming of affirmations is that they could quite easily cause conflict with your existing system which can get you really stuck. Most of your unconscious value systems have been constructed unconsciously through the process of modelling.

**Role modeling**

Role modeling is something that humans do unconsciously from the time they are born. According to sociologist, Dr. Morris Massey, each of us goes through major development stages. Think of what was happening in your life during these periods, which you may have been modeling, what surroundings, education, group affiliations, and Significant Emotional Events influenced you toward or away from certain values and value systems.

**Developmental Periods**

**0-7 Imprint Period – You’re a sponge; 20 Billion Synapses are created.**

Up to the age of seven, we are like sponges, absorbing everything around us and accepting the majority of it without question. Especially when it comes from our parents. The confusion and blind belief of this period can also lead to the early formation of trauma and other deep problems.

The critical development here is to learn a sense of right and wrong, good and bad. This is a human construction which we nevertheless
often assume would exist even if we were not here which is an indication of how deeply imprinted it has become.

**7-14 Modeling Period – Who you are is largely due to whom you modeled at around 10 years of age.**

Between the ages of eight and thirteen, we copy people, often our parents, but also others. Rather than blind acceptance of their values, we are trying them on like a suit of clothes, to see how they feel. At this age we may be much impressed with religion or our teachers. You may remember being particularly influenced by junior schoolteachers who seemed so knowledgeable maybe even more so than your parents.

**14-21 Socialization Period – Here you take your model out to socialize it – try it on in front of others.**

Between 13 and 21, our peers very largely influence us. As we develop as individuals and look for ways to get away from the earlier programming, we naturally turn to people who seem more like us. Other influences at these ages include the media, especially those parts that seem to resonate with our values of our peer groups.

**21-35 Career Period or Business Persona**

Here you model whom you relate to in the business arena.

**Can you decide on your own Values?**

You can, and it also can be quite a conscious process, I will help you start identifying your five to six most important personal values. Most find this a tough but enlightening process. Of course, most of us could achieve more than five of the values, but forcing yourself to focus on only about six introduces a valuable discipline.

The process of looking carefully at your life values and establishing clear priorities may force you to make some conscious trade-offs you’ve been avoiding, particularly when you compare what your top value priorities are with the values you are actually spending most of your time pursuing today.
**Personal values**
This is an actual exercise where we are going to elicit your different values. We don’t have the same values in every area of our lives. Otherwise you would only be able to be effective in one area of your life. Initially that’s sounds a little bit strange but if you think about it practically becomes clear that you cannot have the same rules or values at work as you would in your relationships at home. Common mistakes that people make in terms of their values is to adopt friendship and family values in their career, and find themselves looking for love and friendship at work, and because work relationships are based in the blending of power this kind of error often ends in disaster. The minute that you get into a love relationship at work that particular business relationship is often destroyed beyond redemption. Similarly, one cannot have work values in your family! Of course, every type of occupation has got a slightly different value system. i.e. When you have a position as a life-coach. The role of a coach would require a very different value system than when you are fulfilling the entrepreneur role that has to run your coaching business.
Lets elicit some values in contexts.
The steps to eliciting values are a simple process. It is simply a case of answering the following questions:

1. What is important to you in the context of.....?
   (Career, Relationship, Family, Health, Fitness, Personal Growth, Spirituality, etc...)

2. List each value and continue asking "What is important to you in the context of your..........." until you elicit all your values. How do you know when you’ve listed all the values? You will go blank twice, where you will appear to run out of ideas of what you value. Push yourself to two blank spots; these are boundary conditions of your thinking; here you will often discover the gold – vital values. Ironically it is very seldom that the values that you hold very dear will be at the surface of your thinking. It is much more likely that the values that are really important to you are more unconscious in their nature.

3. Now, number your values according to their value to you? What is the most important value? What's next?" Now prioritize all your values based upon what is your most important value down to your least important value

Remember as you are going through this process; trust yourself and your mind, - your mind is aware of your values. Allow your intuition to help you to order your values in importance. Test your values in reality. Therefore if you have money ranked highly and you don’t have money in the bank then I would suggest that you become a little bit more intuitive about how you rank your values. It means that you consciously would like to have money but it does not mean it is a deep preference.
**Your values exercise:**
Complete the table below for each area of your life

<table>
<thead>
<tr>
<th>Values in the context of:</th>
<th>Ranked Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is important to you?</td>
<td>1.</td>
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<td>18.</td>
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</tbody>
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### Values Elicitation – Your rules

Once you have established your hierarchy of values it’s important to get an understanding of what your “book of rules” so answer the next questions as they relate to your values.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>How do you know when you're ..........?</td>
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<tr>
<td>What does it mean to you to be ...........?</td>
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<tr>
<td>How do you know when someone is ..........with you?</td>
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<tr>
<td>What all has to be present for you to experience ..........?</td>
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<tr>
<td>What causes you to feel ..........?</td>
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Why?

There is a multitude of experiences that are available to us at any one moment. There are multiple realities that are inside of us. Think about that for a moment... What does that mean and what is the real impact of such a thought?

**Why are values important?**

To illustrate the value being in a position to have power over your reality as well as illustrating to the impact of your values I am going to draw your attention to the following research. This is a real life example of values in action as done by Prof Wiseman, and even though the work that he did was not specifically trying to identify people's values. His research does clearly show the impact of ones value system on your reality. In this case we will understand the impact of your value system on the likelihood that you will have good fortune or luck or not. After you see the practical implications of your internal process and the next section of this video it will become clear that what you think creates a reality.

Prof Richard Wiseman observed that people, who perceive themselves to be unlucky, tended to be unluckier than others. In his experience the converse was also true, that people who perceive themselves to be luckier tended to be luckier than other people.

He thought to himself that this might be perception bias and not quantifiably true. They may just experience themselves as being luckier or unlucky, based on their skewed perceptions? He therefore decided design a research study to establish whether people who perceive themselves to be luckier, had an actual quantifiable experience of good fortune. Once we got an understanding of whether we are dealing with mere perception, or whether there were more incidents of good fortune. Although this study was done on one value that was "luck" - However it could easily apply, to any other value,
such as wealth and poverty, happiness or sadness or any other variation of counter values.
He placed advertisements in national newspapers and magazines, asking for people who considered themselves exceptionally lucky or unlucky to contact him. Over the years, 400 extraordinary men, and women volunteered to participate in his research. The youngest eighteen, a student, the oldest eighty-four, a retired accountant. They were drawn from all walks of life – businessmen, factory workers, teachers, housewives, doctors, secretaries, and salespeople. All were kind enough to let him put their lives and minds under the microscope. Prof Richard Wiseman actually studied the prevalence of good fortune and came to the clear conclusion that people who are luckier actually live in a completely different world to those who felt less “lucky”.

Examples....
Jessica, a forty-two-year-old forensic scientist, is typical of lucky people in the group. She was currently in a long-term relationship with a man who she met completely by chance at a dinner party. In fact, good fortune has helped her achieve many of her lifelong ambitions. As she once explained, “I have my dream job, two wonderful children, and a great guy that I love very much. It’s amazing, when I look back at my life I realize that I have been lucky in just about every area.” In contrast, the unlucky participants have not been so fortunate.
Patricia, twenty-seven, has experienced bad luck throughout much of her life. A few years ago, she started to work as cabin crew for an airline, and quickly gained a reputation as being accident-prone and a bad omen. One of her first flights had to make an unplanned stopover because some passengers had become drunk and abusive. Another of Patricia’s flights was struck by lightning, and just weeks later a third flight was forced to make an emergency landing. Patricia was also convinced that her ill fortune could be transferred to others and so never wished people good luck, because this had caused them to fail important interviews and exams. She is also unlucky in love and has staggered from one broken relationship to the next. Patricia never seems to get any lucky breaks and always seems to be in the wrong place at the wrong time.
Prof Weisman interviewed many other participants such as the two above, and asked them to complete diaries, personality questionnaires, and intelligence tests, and invited them to his laboratory to participate
in experiments. The findings revealed that luck is not a magical ability or the result of random chance. Nor are people born lucky or unlucky. Instead, although lucky and unlucky people have almost no insight into the real causes of their good and bad luck, their thoughts and behaviors are responsible for much of their fortune. "The research revealed that lucky people generate their own good fortune."

**Lets look at some of the test situations:**
The first test that was done was an understanding of whether people in the same environment with the same opportunities had different results.

**Chance opportunities.**
Lucky people consistently encounter such opportunities whereas unlucky people do not. He carried out a very simple experiment to discover whether this was due to differences in their ability to spot such opportunities. He gave both lucky and unlucky people a newspaper, and asked them to look through it and tell him how many photographs were inside. On average, the unlucky people took about two minutes to count the photographs whereas the lucky people took just seconds. Why? Because the second page of the newspaper contained the message “Stop counting – There are 43 photographs in this newspaper.” This message took up half of the page and was written in type that was over two inches high. It was staring everyone straight in the face, but the unlucky people tended to miss it and the lucky people tended to spot it. Just for fun, He placed a second large message half way through the newspaper. This one announced: “Stop counting, tell the experimenter you have seen this and win $250.” Again, the unlucky people missed the opportunity because they were still too busy looking for photographs.

**Personality tests:**
These revealed that unlucky people are generally much more tense and anxious than lucky people, and research has shown that anxiety disrupts people’s ability to notice the unexpected. In one experiment, people were asked to watch a moving dot in the center of a computer screen. Without warning, large dots would occasionally be flashed at the edges of the screen. Nearly all participants noticed these large dots. The experiment was then repeated with a second group of people, who were offered a large financial reward for accurately watching the
center dot. This time, people were far more anxious about the whole situation. They became very focused on the center dot and over a third of them missed the large dots when they appeared on the screen. The harder they looked, the less they saw and so it is with luck – unlucky people miss chance opportunities because they are too focused on looking for something else. They go to party’s intent on finding their perfect partner and so miss opportunities to make good friends. They look through newspapers determined to find certain type of job advertisements and as a result miss other types of jobs. Lucky people are more relaxed and open, and therefore see what is there rather than just what they are looking for. But this is only part of the story when it comes to chance opportunities. Many of the lucky participants went to considerable lengths to introduce variety and change into their lives. Before making an important decision, one lucky participant would constantly alter his route to work. He had noticed that whenever he went to a party, he tended to talk to the same type of people. To help disrupt this routine, and make life more fun, he thought of a color before he arrived at the party and then only spoke to people wearing that color of clothing at the party! If you keep on talking to the same people in the same way. Keep taking the same route to and from work. Keep going to the same places on vacation. You will continue to have the same experiences, but new or even random experiences introduce the potential for new opportunities.

**Counterfactual thinking**

Most of us think that we would feel happier after winning the silver medal than the bronze. This is not surprising. After all, the medals are a reflection of our performance, and the silver medal indicates a better performance than a bronze medal. But research suggests that athletes who win bronze medals are actually happier than those who win silver medals. The reason for this has to do with the way in which the athletes think about their performance. The silver medalists focus on the notions that if they had performed slightly better; they would have perhaps won a gold medal. In contrast, the bronze medalists focus on the thought that if they had performed slightly worse, then they wouldn’t have won anything at all. Psychologists refer to our ability to imagine what might have happened, rather than what actually did happen, as “counterfactual.” Can you guess whether lucky people
might be using counter-factual thinking to soften the emotional impact of the ill fortune that they experienced in their lives? To find out, Professor Wiseman decided to present lucky and unlucky people with some unlucky scenarios and see how they reacted. He asked lucky and unlucky people to imagine that they were waiting to be served in a bank. Suddenly, an armed robber enters the bank, fires a shot, and the bullet hits them in the arm. Would this event be lucky or unlucky?

Unlucky people tended to say that this would be enormously unlucky and it would be just their bad luck to be in the bank during the robbery. In contrast, lucky people viewed the scenario as being far luckier, and often spontaneously commented on how the situation could have been far worse. As one lucky participant commented, “It’s lucky because you could have been shot in the head – also, you could sell your story to the newspapers and make some money.” The differences between the lucky and unlucky people were striking. Lucky people tend to imagine spontaneously how the bad luck they encounter could have been worse and, in doing so, they feel much better about themselves and their lives. This, in turn, helps keep their expectations about the future high, and, increases the likelihood of them continuing to live a lucky life.

The Four Principles
Prof Wiseman has identified the four basic principles that lucky people use to create good fortune in their lives.

Principle One:
Maximize Chance Opportunities. Lucky people are skilled at creating, noticing and acting upon chance opportunities. They do this in various ways, including networking, adopting a relaxed attitude to life and by being open to new experiences.

Principle Two:
Listening to Lucky Hunches. Lucky people make effective decisions by listening to their intuition and gut feelings. In addition, they take steps to actively boost their intuitive abilities by, for example, meditating and clearing their mind of other thoughts.
**Principle Three:**
Expect Good Fortune
Lucky people are certain that the future is going to be full of good fortune. These expectations become self-fulfilling prophecies by helping lucky people persist in the face of failure, and shape their interactions with others in a positive way.

**Principle Four:**
Turn Bad Luck to Good
Lucky people employ various psychological techniques to cope with, and often even thrive upon, the ill fortune that comes their way. For example, they spontaneously imagine how things could have been worse, do not dwell on ill fortune, and take control of the situation.

**How do you use this information practically?**
The finding above is clearly illustrates the power that one’s perception has over your reality. We can therefore look at this research from neuroscience point of view in a different way. We would say that the real difference between those who are fortunate and those who were not fortunate is that those who have good fortune value good fortune. They tend to delete, distort, and generalize all experiences as either good fortune or an indication of good fortune.

Therefore if you had to promote the value of good fortune in your consciousness and world and clean up all the rules in your book of rules your reality will change. This short course will allow you will be empowered enough to start making the changes right now. Firstly decide that you are going to start valuing whichever higher value you would like to adopt. You could start valuing being more fortunate and become aware of all the little things that start happening in your life if you start making the decision with enough strength and volition.

Furthermore continue asking the questions which we outlined above so that it becomes easier and easier for you to live the values which are important to you and eliminate all which is inhibiting from congruently living life to your chosen values.
Section 3

HOW TO CHANGE YOUR RULES ON THE FLY

Introduction...
Why do some people stay trapped in their lives of unhappiness and eternal pain? Do you think that it is because they are bad people or that some people are lucky and others are not? You already know some of the answer but are you ready to go deeper? Have you ever noticed that angry people get angrier and happy people get happier and the sad people get even sadder all the time? The simplified truth is that we create and attract what we focus on all the time. We learnt, how people who valued being lucky and fortunate, created good fortune and luck in their lives. "Luck," something, which many of us believe, is elusive and unattainable.

You now have concrete proof that you can bring luck into your life. Your objective is to get your mind to remain focused on what you want. Because anyone can remain focused on what we want for five minutes but it’s the other ninety five percent of the time that brings us the stuff that we don’t want.

I am sure that you have noticed that in people who are sad can quite easily become sad are able to become sad quite easily. The people that get angry seem to find it very easy to become angry at many times and of course the person that is happy finds it easy to find the happiness in every situation.

How could that be? Do different kinds of people have different kinds of brain chemicals, parents, genes?
Somehow all of us have different expectation of ourselves, others and of life in general. We model these expectations as we grow up and are not even aware that they are there, but they control our lives.

Therefore it often seems that people become blind to any other experience than the ones that they have become adept to. We often tend to think that it is the context or situation that makes us to feel happy or unhappy. Just look around you and think about it for a moment and you’ll see that is not true. When people experience
pressure in their lives they become more intense in their “go to” emotion or value. When there’s not a lot of challenge in our lives then we tend have lower fluctuations and less intensity in all emotions. It does not mean that angry people don't get angry and does not mean that sad people are not sad, or that resourceful people are not resourceful. All of us are just less activated at some times and more activated at other times.

Therefore especially during times of challenge we tend to intensify our emotions and they become more visible, and we experience them more intensely. We tend to "re-present" the same scenarios to ourselves over and over again regardless of the actual context that surrounds us. Many of us tend to run from these uncomfortable feelings, unaware of the fact that we are creating them inside of our selves through our own thinking. There is however a reason why we do this to ourselves unconsciously and it is not necessarily to make life really difficult for ourselves. It’s a part of you telling you that there is a better way to get the outcome that you are after. Therefore in this section we are going to uncover the process chain deep inside you that you follow in order to manifest our reality.

**Why is this so important?**

Did you know, that there are only two realistic reasons why you are not getting what you want in life? You either don’t have a strategy; therefore you are following a strategy that is not going to get you the results that you want. (The "how to" is outside of your consciousness)? Its like when you make a cake and you don’t have a recipe. The recipe is your strategy; if you follow it carefully you will have a cake the end of the process. Therefore if someone inserted the recipe for making meatloaf, in your cake recipe, you will try harder and harder but your result will be more and more like a meatloaf even if you really wanted cake. This particular problem is quite easy to solve, you just need to find somebody that has done what you want to do and do something similar or the same. The other possibility when you have a problem with your psychology. This is almost like a recipe from your conditioning. This results in you being not able to follow the strategy in the correct way. This problem is a little bit more challenging to
solve. Unfortunately it is a whole lot more common in our world today. If you want to know how to do anything in the world you just need to "Google" it and the likelihood is that you will find somebody who has done it, is doing at or is willing to teach you how to do it so strategy often very easy to find.

Here is a tool, which will allow you to identify exactly where your challenge is, whether it is the strategy, or psychology. In many cases it will take less than five minutes to identify and resolve. In my experience this tool will solve 90% of your challenges and allow you to have what you want. Once you get familiar with it, you can get to the root of most problems in less than a minute.

**Your reality**

We all have Results in life, from our relationships, health, bank account, and anything else really. They are just results, good or bad or anywhere in between. Have you ever wondered what brought these results in our life? However you look at it, you’ll agree that it was your Behavior that created them. The sum total of all our thinking and doing did, in fact, bring us to where we are today, did it not? We have many excuses, reasons for how and why our lives didn’t work out the way we wanted them to. Looking at it realistically, it is "us" after all, who did or did not do certain things that have affected the Results in our lives.

**BEHAVIOR > RESULTS**

If behavior is causing our results, what is then causing our behavior? It’s a well-known fact that it is our emotional and mental State that determines our behavior at any moment in time. Depending on our State of mind, our behavioral choices are determined. We cannot produce resourceful behavior if we are in a resourceful state. We cannot even think intellectually while in distress, emotional or otherwise.

**STATE > BEHAVIOR > RESULTS**

We then ask the same question again: what is causing our State? This is where things get a little bit more complex, as there are quite a variety of factors that influence it automatically. We can sum them all up under one label: Conditioning. This is the sum total of all our past
experiences, learning’s, memories, beliefs about ourselves and the world around us, our values, our acquired characteristics, attitudes, etc. They are all specific Filters that our mind uses as a reference for that crucial process of creating our reality. Our mind will filter the information that our senses receive and filter it through our Conditioning.

CONDITIONING > STATE > BEHAVIOR > RESULTS
The above equation proposes that if we really want to change any result in our life, we should look at the root cause of the problem, which is always one (or a mixture) of our filters within our conditioning.

The process of creating our reality

STEP 1 – Sensory Data:
Our bodies are equipped with senses that enable us to receive information from the outside world. Think of them as antennas that are tuned in to the frequencies that they can receive. Therefore we can say that the things that we can see all have a visual range of frequencies, and of course these frequencies extend much further than what we need to be conscious of as human beings. We cannot see in the dark like an owl or see the distance that an Eagle. Therefore we need to think of these boundaries as being functional and it is really possible for us to extend these capacities if there was a real need. Some excellent examples here are people who develop their vision to the extent where they are able to visually process at the speed of a bullet flying through the air.

STEP 2 Meaning Making Process:
As data moves into our Internal world, the Meaning Making Process happens automatically for us. Data gets heavily filtered through our conditioning and three specific processes are always in action. We Delete, Distort and Generalize all that data. To give you an idea, there are about 400 billion bits of data being processed through our senses per second! Consciously we are only capable of experiencing up to 2,000 bits per second. This determines what we refer to as our reality, our experience of life itself. Massive Deletion, Distortion, and Generalization happen all the time, inside of us.
STEP 3 My reality
What we are left with after this process is our own version of The Reality, called My Reality. My Reality is completely constructed of up to 2,000 bits of information. It is very important to remember, it’s not just 2,000 out of 400 Billion. It has also been filtered and changed to suit our current conditioning – a sum total of all our learning’s, past experiences, memories, belief system, values, etc. In other words, the system is designed to find the familiar and prove itself right, in any given situation. We are constantly experiencing our own version of our reality, constructing it inside of us, during the Meaning making Process.

*In fact in Encyclopedia Britannica, from the page on Information Theory we find that*

“...our five senses gather as much as 11 million bits of information every second from the environment....”

http://encountersinmind.blogspot.co.za/2013/11/notes-catching-up.html

11 million bits of information every second!!!!

“...out of which we’re left with a maximum capability of less than 50 bits per second. We have an approximate number because it depends on various assumptions and could vary depending on the individual and the task being performed.”

I reproduce below a table of information form the same source, which shows how much information is processed by each of the five senses.

**Sensory System bits per second....**

<table>
<thead>
<tr>
<th>Sensory System</th>
<th>Bits per Second</th>
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<tbody>
<tr>
<td>Eyes</td>
<td>10,000,000</td>
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<tr>
<td>Skin</td>
<td>1,000,000</td>
</tr>
<tr>
<td>Ears</td>
<td>100,000</td>
</tr>
<tr>
<td>Smell</td>
<td>100,000</td>
</tr>
</tbody>
</table>
Taste 1,000

It appears that we’re missing out a tremendous amount of information. We’re left with just about 50 bits in our peak performance time out of 11 million.

STEP 4 Feedback:
My state of being will result in my behavior, resourceful or not. My behavior will directly cause certain results in my life. And once I have the results in the external world, I will also be able to confirm them with my senses. As soon as I can see, hear, feel, etc., my results, my conditioning will simply prove itself right and the cycle continues. It’s a cycle and if not disturbed you will keep getting what you’ve always got. Your comfort zone will keep you where you are, for as long as humanly possible.

Now, that was quite something to digest all at once. It may very well be the reason why you have certain kinds of results in your life, no matter what you do to change them. From financial situations, to relationships, to anything, results are just results and your own experience of your life is just yours. It’s not any more real than anyone else’s hallucination of their results. I am claiming blatantly that we are all living a life of our dreams, as far as our conditioning is concerned. Some people call it a vicious cycle. I think it’s ingenious! It means that we were given this gift to create any reality we can possibly think of, simply by making changes in our filters, our conditioning, having it aligned with the kind of life that we actually want.

The same cycle keeps going, this time in our favor. We are all powerful creators and we can create our own hell or heaven here on Earth. We are missing education in this context, the knowledge of how to change and become the people we will be proud of being, creating lives that we will be inspired and self motivated to live. We were not built to be slaves to our own states, or to be victims of our own imagination... Claiming YOUR life back is about
TRANSFORMING YOURSELF from a state of an observer to the state of a creator.

All we need is some good education and willingness to explore our real options in life. As you learn about your true potential and your unseen abilities, you realize that you can have anything you want in life, and the best part of it all... it doesn’t matter where you come from or who/what you already know, your past, your current set of skills... *If you can read this text and have a desire to create a different life for yourself, we have the HOW you need to achieve that. All you need to bring is a strong WHY and your marvellous neurology*...

Why is it important to understand all of this interesting information? The moment has come to introduce the Limitation destroyer, this is the tool that I have been telling you about....

RSCI Limitation destroyer
We have discovered that the process we follow is conditioning, state, behavior, and results. This tool allows you to observe at any situation or result in your life and break it down into its various components. In so doing resolve any problem in a very short period of time.

Examples
John is a fictitious name of a client that I personally worked with some time ago. John was troubled by interpersonal and relationship problems all of his life, he was completely astounded when he was able to resolve his lifelong problem in a few minutes with this tool. He has been an ambulance of this tool ever since that day. Okay let’s go into the example now.

John was deeply concerned, he had spent more hours on the couch of various psychologists than what he cared to remember. He tried drugs, and various other various modalities to try and resolve his problem. He had gone on weekend course after weekend course, to try and find his power and move beyond this very deep challenge. John had a really good heart and was a fantastic person to know and to work with, except for one area in his life. John always had problems with authority figures, and it had escalated over time and he was having serious problems at work. He was convinced that his boss did not like him and therefore he felt that he was unable to freely communicate with his boss. He saw all the irritation expressed on his bosses face during every meeting. He became really unhappy at work and was feeling unsatisfied with his position at work as well is in life. When I spoke to John, I just asked him the simple questions.

Firstly, I asked him to define the result that he was getting. When asked John what the result was that he was currently producing? He said that he was not getting the salary that he thought he deserved and the relationship with his boss was so strained. I asked him to specifically explain what was the result that he was getting? He replied, that he is absolutely respected by everyone around him and that is seen as one of the most knowledgeable and effective employees in the company, but his salary is far below anyone else in his circles. Everybody around him is always telling him to go and speak to his boss for an increase because all of them really believe that he deserves it.
Furthermore this was an issue, which followed him around his whole career.

Okay so then when we go one step back from that and I asked John to explain to me "what was the behavior that was creating the results, which you did not want?" He said to me that he felt completely overwhelmed and that he did not manage his time and did not do all the work that he had to do. He further said that even though he was very knowledgeable and knew the business very well, it was as if something happened whilst he was speaking to his manager that made it is almost impossible to understand what’s the requirements were. Therefore he often had to repeat tasks that we were required over and over. It was almost like a situation of hit and misses for him. We then settled on the idea that although John felt like he worked really very hard and went home exhausted every night, there was just not have enough time, and he delivered work of a very low standard.

From a traditional coaching point of view we would try to apply a "time management" and/or "skill management" intervention. Even though it is quite possible that there could be a skill or a strategy problem here. It is still way too early for us to make that decision. All that you need to do right now is just make a note of the behaviors that cause the result. The result here is: "outcomes which are poorly aligned with the expectations of his boss." The behavior is that John spent too much time working on low priority tasks.

The next step to identify the state, and this is where things really started changing as far as John’s story was concerned. When asked him this he said to me that he felt demotivated and overwhelmed at work most of the time. This is when we come to realize that no amount of skills improvement would benefit John at all. I then asked whether there were any other emotions that he was feeling regarding this particular issue in his life, and he said that yes there was a lot of anger that he suppressed at work but that he was quite angry a lot of the time and felt that his boss was not appreciating how hard he really was trying.

And then asked him whether his state reminded him of anything in his past. He sat back any thought for a few moments and I could see how sense of enlightenment came over him, and then something lit up in his face. Now I just had to make the more conscious parts of him aware of the changes that were taking place inside of him. He looked up at
me any said yes, "this reminds me of the relationship that I used to have with my father. I always felt like my point of view did not really matter and he would just always steamrolled all over me." This made me very angry but as I grew up I was taught that children need to respect their elders and may not speak back it was disrespectful. Therefore I always held this anger at deep inside of me and pushed it down whenever it came up. I reminded John that his boss and father were two different people. I asked him to acknowledge that notice at least 10 differences between these two people. I also asked him to actively find even more differences every time he felt started to confuse them.

Let’s clarify what happened here in reality John had adopted a belief that people who had authority in a situation also had ultimate control and generalized this with the experience with his father. Therefore any situation in which John was not the authority caused him to feel disempowered. Whilst he was feeling disempowered he was not able to stand up for himself and therefore perceived that he was being taken advantage of. When he allowed himself to become the child in front of his father once more. When John realized that he was playing out a "scene" that was in the past he could stop. I then asked John whether he truly felt that boss was realistically trying to take advantage of him. John sat back for a few moments and thought about this a bit more consciously this time. If he could really know that it is true that "all people who were in ultimate authority had set out to take advantage of other people?"

He realized that it was nonsense and John just started laughing and he realized that he had been carrying this belief with him all this time and it was untrue. By utilizing this simple process we were able to assess exactly where John was getting stuck and just by making that which was unconscious, conscious John could not access his outdated beliefs about the situation anymore. He therefore could not create his old state and without his state he could not create the same behavior, and so started creating different results.

When I spoke to John a few weeks later and asked him how it was going he said, that since he could manage his state his relationship with his boss had completely transformed. Every now and again he can feel that old contracted physiology but then he would just laugh to
himself and choose to see things differently. He realized that his old state allowed him to only see what he feared might happen. Therefore he understood in that old state he was only able to bring misfortune into his situation when he came in contact with his boss.

A further consideration is that states are contagious and negative states are generally more contagious that positive ones. Therefore if his boss were to even unconsciously perceive him in the state of anxiety and uncertainty that would almost surely start to inform the perception of lack of trust in his boss. Therefore the boss would start seeking certainty by micromanaging and questioning John about finer details. Which of course would then inspire further feelings of inadequacy and anxiety in John. So can you see how just one aspect of one’s perception can influence and color a whole situation and in so doing create the life of one’s nightmares.

Fortunately for John, this very simple process allowed him to put the past in the past and change his perceptions and outcomes in many other aspects of his life.

Here is the formula: (Relationships)

Even when you find yourself overreacting in a relationship with your significant other all you have to ask is:

**What is the result that I’m currently getting?**

It often helps to ask yourself whether the result that you are getting is moving you closer further away from the result you want.
What is the relationship (result) that I really want?

What is the behavior that I am performing to get the result that I don’t want? (You will find that in most cases you will be making assumptions or blaming yourself, someone or something outside of you)
What state do you commonly engage when you behave in the way that you don’t want to behave?
States of anger, frustration, or even mistrust are seldom useful.

Which states would serve you better?

When is the first time that I felt this state in this context?
This pattern is probably something that you modeled while you were unconscious and younger than ten years of age. Its over learn from the event if you knew all that you know now?

Forgive yourself and anyone else that you sense a charge against, decide that you are the free of the decision and emotion which used to limit you and make a decision to liberate yourself from the old limited thinking.
What is your new decision?

Review the old decision and confirm the new one in your mind, realize that you now are able to make a new more empowered decision because you have learnt so much more since. Run this process three times, with ten-minute intervals until your mind accepts it as your new option.