



How to Improve or Change Your Life!

Skills and Tools

Do you find yourself noticing you are in the same place you have been before, asking, *How did this happen? Why is it that no matter what I do, I end up in the same place?*

That state is often accompanied by frustration and shelves full of self-help tapes and programs that were interesting but not transformational.

Here's why you feel that way.

Neuroscientists tell us 95% to 99% of cognitive power is driven by the subconscious mind. As Bruce Lipton notes in his article, "Mind-Over-Genes," "It takes significant effort for the conscious to keep tabs on the subconscious...Positive thinking is effective if the subconscious supports the conscious intention." That's why using positive thinking alone is like yelling at the tape recorder to go forward or rewind, Dr. Lipton explains. (For the whole story, please see <http://www.brucelipton.com/mind-over-genes.php>.)

Keeping tabs on how the programmed beliefs stored in your subconscious are expressed through your experiences—day to day, moment to moment—is the job of your witness, that objective observer who helps you recognize the patterns and your emotional reaction and who stands detached from an emotional response. It's like daydreaming without losing sight of what is really going on OR like being a fly on the wall.

Judgment is not a part of it.

The neutral observer is.

Developing Your Witness

This is the first of the conscious skills you can use to improve your life. With the witness by your side, you can see what needs to change.

So what is going on at the subconscious level?

Dr. Bruce Lipton's work from the cellular sciences tells us that from ages of 0 to 6, our mind pretty much works like a tape recorder. The brain wave patterns at those ages predominantly function at the Delta (from age 0 to 2) and Theta (from ages 2 to 6) levels, which are sleep and meditative frequencies. This may seem hard to believe—especially when you watch the way a 2-year-old moves through life—but neuroscience tells us that the low-frequency brain waves create a more programmable state. “Young children carefully observe their environment and download the worldly wisdom offered by parents directly into their subconscious memory.” (Bruce Lipton: The Biology of Belief)

What was happening in *your* world between the ages of 0 to 6 years?

Your perception of the environment comes from that early programming so changing your environment means changing your perception, both consciously and subconsciously.

There are two ways to do this, based on my experience and what cellular science tells us.

1. Become more conscious, more aware of your inner world and how it is informing your outer-world responses.
2. Reprogram the subconscious level, using energy-based tools that converse with the subconscious, and replace the tapes that are playing *and that have been playing* since you were little.

Education and Skills to Improve Your Life

Part One: Tools and Skills to Become More Conscious

In case it is not obvious, becoming more conscious is about the trilogy of Awareness–Understanding–Action.

(Credit to Bree Willson, Intuitive Counselor,
for so clearly naming the many trilogies that guide our evolution)

This experience amounts to gathering information, understanding what it means from all angles, and then, with that newly gained clarity, applying it to our actions.

**Simply put, you take action differently
because you see things differently.**

This naturally alters your energetic frequency, so you attract different experiences.

When I break down my own conscious evolution, the sequence of gathering information (becoming more aware and clear), exploring the information from as many angles as I could think of (understanding), then responding differently the next time the opportunity arose, is precisely the same path I have taken over and over again, though I bumbled along much more than followed a clear series of steps. As new information surfaced, I was presented with the choice to hide my head in the sand, distract myself by being busy with work or meeting other people's needs, blame others, OR walk right into the conflict I had created for myself and understand what the source was.

Walking into the conflict is the transformational opportunity that arises within you when old strategies no longer work to deal with the massive amount of overwhelm—or when you get tired of repeating the same patterns while hoping for a different result. Your place of choice starts with your response to the inner or outer conflict (the trigger for change). Being aware of your flight, fight, flee or the ultimately useful flow response when face to face with conflict—whether inside you or external—helps you see where you are being receptive to or blocking your doorways to growth.

It is very powerful and freeing to release old “tapes” by overcoming the temptation to run in fear. At the same time, it does take courage, alongside the conviction (the certainty) that growth toward an improved life is better than staying in the patterns of unconscious drivers. (This reminds me of gerbils on wheels. They decide when they get off and when they jump back on. You can too.)

It also takes discipline and focused intention to evolve toward who are at your core nature as a whole person, free to express the individual you are. Inner strength, self-discipline, and the ability to focus your intention consciously are inner qualities. Developing them to better serve you is a matter of choice.

So, in a nutshell, here are the skills mixed with some tools to improve your life at the conscious level.

1. **Self-Discovery Skills:** They help you uncover who you are without self-censoring or need for acceptance and approval of others. Uncovering who you are is about self-acceptance. What you wish for will follow.
2. **Self-Discipline:** This is what horses have that keeps them from betting on people.
3. **Curiosity:** Dogs demonstrate abundant curiosity and mostly lead by their noses. To put it in Einstein's words, “the important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of

life, of the marvelous structure of reality.” Asking questions is the tool, particularly when the questions can not be answered by the logical mind. The kind and quality of the questions you ask yourself is a skill set developed over time. Based on my experience, training management to utilize questions to assess situations before taking action creates lots of room to strengthen and deepen the art of asking questions.

Millions saw the apple fall, but Newton asked why.

4. **Listening:** “The most important thing in communication is to hear what is *not* being said.” Peter Drucker, a respected business thinker, made that observation. It is as true for you personally as it is for business. Within the words, meaning is encoded in the frequency of the sound. That is where the door to wisdom lies.

Good listening involves two principles . . .

- **Receptivity:** being willing to receive the words at the deepest level; and
- **Absorption:** *feeling* more than hearing the sounds;

And one state . . .

- Your energy is in balance. (Thanks and credit to Bree Willson, Intuitive Counselor, for sharing her knowledge with me on these concepts) The most important area of balance in listening is that of *listening with your heart more than your head*. Then the images behind the words can be transmitted and received non-verbally. I credit aboriginal people for teaching me how to listen with my whole body, sensing more than listening to the literal meaning. Whole images come up rather than limited associations of meaning crammed through your own cultural view.

5. **Shifting Perspective:** You can have perspectives that support you and perspectives that don't. Without the ability to know what viewpoint you are standing on and what lens you see things through, you will not know what to change.

This story illustrates *perspective*.

How Poor People Live

One day a father of a very wealthy family took his son on a trip to the country with the firm purpose of showing his son how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from their trip, the father asked his son, "How was the trip?" "It was great, Dad." "Did you see how poor people live?" the father asked. "Oh, yeah," said the son. "So, tell me, what did you learn from the trip?" asked the father.

The son answered: "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us; they have friends to protect them."

The boy's father was speechless. Then his son added, "Thanks, Dad, for showing me how poor we are."

Whether rich or poor in spirit, the ability to shift perspective is the key to turning your view of yourself from victim to master of your own circumstances.

6. **Developing Your Witness:** You need this to shift perspective because, quite simply, you can't change what you can't see. We know from cellular science that 90% of what drives our behavior is *unconscious*. This leaves you with two ways to change the programming:

- release and reprogram the information held in cellular memory; and
- clear out and consciously change the coping strategies that no longer serve you.

That means noticing everything—***what you believe in and the perspective that you use to see***—to become more aware, be more clear about where you are in your own way, and where you are blocking your own growth.

Your witness is your trained observer. Your witness is the one who can step outside your activity and see things as a movie camera does—WITHOUT JUDGING what is going on.

Your witness is your conscious ally, your friend who assists you in seeing yourself. Seeing what is going on puts you in charge of changing your responses. That means that, for example, instead of turning to your addictions (like watching TV) or distracting yourself to get through a chaotic time, you can choose from a range of self-CONstructive behaviours that take you forward and **not out of** your own evolution.

7. **Meditation:** Unless you can shut off the noise, it is tough to hear what you know already. For those of you who have given meditation a try and felt like a complete failure, there is hope. Here are two tools that I know of and that I know work.

- **Holosync** (www.centerpointe.com/links.php?ad=30889). Definitely order the sampler so you can feel the impact. Even if you see yourself as a wizard at mediation, give this a try. Don't expect to see change instantly—though you might. Remember that expectations set you up for self-created conflict. Just allow Holosync to do its work.

Why does it work? See the article on the science on the Website. The technology uses sound to modulate and shift your brain wave patterns to the delta and theta states—the same states you operated in from age 0 to 6 as explained above (see Dr. Bruce Lipton's site: www.bruce-lipton.com). Sound is the one unifying force in the universe that speaks the language of energy. That's how thought frequency informs your cellular intelligence. Taking your brain waves to the theta state requires many, many years of practice, however, and personally I don't have that kind of patience!

- A biofeedback tool called the Wild Divine is another way of training yourself to achieve the state of inner calm.
<http://www.myaffiliateprogram.com/u/wdivine/e.asp?e=3&id=3306>
Deepak Chopra endorses this one.

Both tools facilitate the conversation between you and your unconscious. This is what you are looking for. Affirmations stated without feeling just run through your mental processor. Affirmations encoded *with emotion* go straight to your cells.

8. **Balance:** While balance is not a skill *per se*, finding it and knowing when you are there is a skill. Luckily the dictionary defines balance as

the “power to choose” (see: www.dictionary.com). I would further add that balance, when referring to your energy, is about achieving a state of dynamic, receptive equilibrium rather than anything static. Balancing your energy will help you with everything. In that state you are receptive.

Working toward balancing your life is a gateway to growth because getting there involves making some inner changes in at least your perspective or your habits. Changing the way you see or perceive your outer world changes how the outer world responds to you and informs your inner response and what action you might take.

There are many portals to achieving balance. For example, balance points include:

- mental and intuitive;
- logical and emotional;
- passion and detachment;
- work and pleasure;
- social and solitude.

Balance is achieved by setting boundaries while you are also being true to **you**. For teleseminars on balance, please visit www.theteleconnection.com/dawnas.html.

9. **Discernment:** the more aware you become, the more your ability to discern comes into play. Can you tell within yourself when you are being guided by:
- motivation or inspiration;
 - personal need or societal need;
 - the need to control; or
 - the expression of your personal power?

Part Two: Tools to Reprogram the Subconscious

A range of “energy psychology” programs enable faster and deeper reprogramming of the messages/tapes running in your subconscious. They can also serve to heal the fractures in the physical body from dis-ease particularly stress-related. Here the focus is on reprogramming the behavioural patterns that create the dis-ease in the first place and that serve to eliminate the whole question of How is it that no matter what I do, I end up in the same place I have already been and don’t want to be? *Why am I here again?* My next article will present the tools specifically intended to heal your health.

Regarding energy psychology programs, you need to check out what will work for you. Remember: If you believe they won’t work, they won’t, because

that is the message you are sending to your cells—that is the intelligence in which your cells will operate. Simple as that.

For any of these tools to work, you must be open to whatever happens and you must trust the process.

Holosync (www.centerpointe.com/links.php?ad=30889) “bubbles up” information stored in your cells. The longer you are on it the program, the more effective it is. Some people quit when they don’t see results right away. That reaction reveals an attachment to outcome. With these tools, you must be receptive and not try to *will* results into being.

At the same time, this is a powerful program. As I mentioned, DO order the trial version so you know how it feels. DO read the science and the testimonials so you can see what others have experienced. The starter level is a warm-up. By Level One, you are listening to affirmations encoded into sound frequency that you have chosen and recorded. This is how sound converses with cellular intelligence.

Psych-K is a program Bruce Lipton endorses. It uses muscle-testing (kinesiology) to reprogram information. I have not used it myself but the science on it makes sense. It is taught through workshops. (The schedule is found at www.psych-K.com.)

The power of kinesiology is described in David Hawkins’ book, *Power versus Force*. David Hawkins, a respected physicist, presents consciousness on a scale calibrated through muscle-testing or kinesiology. “All levels below 200 are destructive of life in both the individual and society at large; all levels above 200 are constructive expressions of power (personal). ...there are two critical points that allow for major advancement. The first is at 200, the initial level of empowerment. Here, the willingness to stop blaming and accept responsibility for one’s own actions, feeling, and beliefs arises—as long as cause and responsibility are projected outside of oneself, one will remain in the powerless mode of victimhood. The second is at the 500 level, which is reached by accepting love and nonjudgmental forgiveness as a lifestyle, exercising unconditional kindness to all persons, things, and events without exception.” The book, *Ask and It is Given*, by Esther and Abraham Hicks, provides a simple scale to determine where you are and lots of self-guided tools to help you shift from one frequency to the next. (Please see the book resources at the bottom.)

Learning Strategies Inc. offer a series of paraliminal CDs that merge NLP (neurolinguistic programming) with Holosync (messages encoded into sound). The difference is that you have Paul Scheele’s voice speaking to you with messages receptive to your left and right brain, respectively and simultaneously. Trying to listen to both at the same time is NOT the idea.

These tapes have really worked for some of the people I have been life-coaching to confirm the shifts required to make the next major move forward. www.learningstrategies.com

There are more, but this is a start.

Finally, this is not a skill but without it, nothing will happen.

You have to want to make the changes.

Desire is essential. You have to be willing to take charge of your life.

The 4di profile is a personal assessment tool produced by One Smart World (www.onesmartworld.com).

It has a component called Personal Spirit. It is made of three attributes: **outlook**, **initiative**, and **sense of control**. All three act as the fuel that drives companies to being great and people to achieve.

The above tools will assist you with your outlook. The initiative comes from your desire to act, change, create a different life. Make a change, one day at a time, and your sense of control will strengthen more each day.

The science that is now finally receiving the attention it deserves reminds us that it is all about frequencies of energy—and about expanding your energy frequency with every step of your evolution to awareness, understanding, and *being* the change you wish to see. The resonance comes from the information programmed in your cells' intelligence. The Law of Attraction is based on this science.

Often we can learn from animal role models better than from human ones. Take the spider, for instance. I watched an orb weaver spider spinning its web with a deliberate purpose and a magical ingrained design in each action. Each strand is connected to the next. When a bug hit the net, the web bounced out before it bounced back into its original shape.

Spider silk is stronger than the same weight of steel. That's not the big deal, though. Nylon is stronger than steel, too. The reason spider silk is so special is that it can stretch very far without breaking; that's the real secret of its strength. And so it is with people. You become stronger when you stretch.

Other Resources

Books help with awareness by helping you see things in yourself (the mirror effect), but profound change will not happen unless you act on the new

awareness. Combine it with cellular reprogramming and it becomes transformational. This latter step takes more courage than just talking about it. Commitment counts.

Here are some books you may want to read.

Ask and It Is Given, by Abraham and Esther Hicks: They offer great exercises to help you see where you are in your spirit and to assist you to shift different areas of your life such as prosperity and relationships. Their most recent book also shows you how to formulate a belief statement to help you calibrate your energy more closely with the desires you hold.

Excuse Me, Your Life is Waiting, by Lynn Grabhorn is a totally irreverent take on how to adjust your frequency of thought to attract what you want.

Author Dawna H. Jones is an Evolutionary Provocateur and Corporate Instigator who facilitates individuals and companies to express and contribute from their core (and typically unreleased) talent. Her book, *How to Get What You Want From Life – The Octopus Way*, is loaded with lots of exercises that will help you get clarity about your blocks and your situation—and how to move forward one step at a time. www.theoctopusway.com

For progressive corporate thinkers only:
Contact Dawna Jones at 1-604-605-0589 (1-866-605-0880) to discuss the Radical Retention program that releases untapped potential residing in the heart of your company. (dawna@FromInsightToAction.com)

For corporate or personal tele-training on How to Use Being Out of Balance to Change or Improve Your Life-*Stepping Into Yourself*, please go to www.theteleconnection.com/dawnas.html.

In addition to being a professional facilitator, Dawna also is a speaker. Go to http://www.FromInsightToAction.com/our_services/speakingoverview.html for a demo streaming video.

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