

Recapturing Control of Your Life

How to Access the Power Driving Your Results

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 Dr. 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.bruce-lipton.com/mind-over-genes.php>.)

It starts with continuously identifying your beliefs which is like peeling the cosmic onion. The easiest beliefs to start with are the ones you already know about. Finishing the sentence ‘I believe.....’ will reveal those one quite clearly, yet knowing is not enough. You must also make a clear decision about whether these beliefs still serve you.

1. Think about the beliefs that you hold about you and your world. For example, how do you view what happens in your life?
 - Personal Power: Things are done to me....by me....through me....as me.

- Money: ‘I can’t afford it’ (focus is on lack of and need for); How can I afford it? (focus is on desire, scarcity); ‘the money will come from where ever it is’ (focus on flow of abundance; ‘I AM what I need’ where the focus is on trust and contentment.
 - List your beliefs as you experience them in your life. Complete the sentence: I believe....
2. Remember that beliefs are neither bad nor good. Judging them is not the point. Knowing how they serve you is the point. Beliefs form to assist you in making sense of the world, in coping with what comes at you. They get in the way when they limit what you see, think and can do.
 3. Look at each belief on your list and ask yourself: ‘Is this setting me free or does it limit what I can achieve?’
 4. For the limiting ones, reflect on the value that belief gave you. Beliefs serve a purpose in your life so letting them go for the sake of letting them go is not helpful. If, for example, you believe that you can not succeed at whatever you do, then the purpose that belief serves is to minimize your risk for failure. Thinking you want to be successful on its own won’t take you past the core belief that you can not succeed. As Henry Ford once said, ‘Whether you think you can or you can’t, you are right.’ Once you have reflected on the value of limiting beliefs, you can let them go like balloons floating up and away.

So how do you access the beliefs hidden within the subconscious? How do you even know where to start?

5. Notice your actions and self-talk.

The old expression goes ‘actions speak louder than words’. The subconscious speaks through you by means of your self-talk and your actions. Try speaking to a mirror just for fun. It will certainly give you some idea of how you regularly run thought programs through your mind, which are actively informing your subconscious belief.

6. Develop your witness.

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.

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. The channels for change give you the option of taking charge in two ways:

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.

Start today by recognizing that each event, each person, each experience becomes a mirror and an opportunity for growth.

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