

## **Beyond Positive Thinking: Part 2** **Monday Call, June 29, 2009**

Power Trainings...cancelled due to lack of registration

Next five chapters of “Beyond Positive Thinking” by Dr. Robert Anthony  
Chapters 3,4,5,6 and 7

### 3. What are you Telling Yourself?

a. Self talk: as people we think in possibly three dimensional...we have thoughts that we translate into Emotions; we record our Emotions as Pictures; then we label those pictures with Words. Self-talk is the process by which we trigger pictures that bring about emotions.

We do not record what happens...we record what we think happens.  
Example: children with same parents...developing totally different.  
Key to freedom: to control what we think about and our perception of reality as we see it.

b. Our self image is the accumulation of these internal beliefs...and it controls how we think and how we perform.

c. Our subconscious does not know the difference between truth and non-truth...that is where our self-image is stored. The way to re-program is to focus and visualize how you want your performance to be, and STOP thinking about what you are trying to avoid. YOU CHOOSE who you are.

d. The size and scope of your goals will increase proportionately with your self-esteem.

What labels do you put on yourself? “I am shy, lazy, poor, stupid, friendly, short-tempered,...”

Stop it...feed yourself positive, lie changing beliefs, and the dominant belief will control our actions.

As we move away from our current self-image, **anxiety and tension** will exist because we are constantly directed to act within our beliefs. Our subconscious has a role to resolve conflict but YOU MUST CREATE IT!

We live a self-fulfilling prophecy. If we think we will never have money, we never will. Rich people get richer and poor stay poor because of this one belief...not because “it takes money to make money.”

e. Change self image before changing actions! How? Self-talk and visualization. We can image our way into totally new behavior...but thought must come before action. Clarity is critical. What are we after?

Change language to CHOOSE TO not Have to. Forcing change creates failure.

f. Your word is law...when you can rely on your promises to you and to others, you become a powerful person. Integrity and commitment! Always focus on what you want, going toward something, not trying to avoid something.

#### 4. Believing is Seeing

Tools to become a powerful goal setter.

a. Perception of reality limits success. People who have to see before they can believe tend to watch the world pass them by. We stimulate our creative energy and drive in direct proportion to our ability to use our imagination.

Everyone has a different perception because each of us has had totally different experiences accumulating over our lives.

“it’s not what we know that limits us rather what we think we know that is really not so.”

Not seeing is believing...just because we can not see it does not mean it is not there.

b. the first thing we have to do is clarify what is important to me? Of value for me?

You must know what you want before you can get your brain to wrap around it, and support its creation.

Our brain only allows information in that is valuable to us...so if we truly have clarity on what we want, only those things that are supporting that will come through. Our brain gets very selective.

“The Magic of Belief”

This is why the discovery process is so critical in networking today...because we filter out anything not important to us, so unless you discover their need and relate what you have as a solution, they will filter out what you say.

c. “Clustering”...we tend to gather only the information around us that supports our position and it is all the outside information that is truly of value in supporting TRUTH. We need to be open. When we lock into a reason why something won’t work we fail to allow the solution to come in.

Focus on solutions instead of problems...examples:

When you shop you look for cheapest spending a lot of time and energy. Buy the first and spend the rest of the time working on what creates more success in your.

Instead of learning to live within our means, why not focus on creating greater means??

d. We attract what we feel worthy of.

Be educable...allow others to pour into you. When you can not come to solution it is not because you are stupid but rather you are limited by how you have been conditioned. Get help!

Surround yourself with "Can do" people!!

Good leaders are able to help others change what they believe in.

Teach others how to create from an idea. Through self talk and imaging take that belief and turn it into reality.

(using the methods in this book)

It all starts with FAITH...believing and then seeing.

## 5. Write your Own Script

All people have an innate desire to reach their potential.

a. Three main beliefs that hold us back from being happy and satisfied

1. What I don't have is always better than what I do have.

2. Having more is better

3. When I get what I want I will be happy.

b. Understanding the creative process

We must flow with life instead of against it to achieve the best life possible.

To flow with life we want to create from the model Being-Doing – Having.

Being: you can allow circumstances to control your level of happiness or satisfaction, but you run the risk of those things controlling your life then and your self image. Nothing outside of us will ever make us happy because is an inside out experience...it starts with being.

c. The success ethic above is based on Doing leads to Having leads to Being. This is what most people base creating their lives from.

Rather is you are happy, then you will do things that happy and satisfied people do, and end up having things they have.

d. Life is not about getting something...the truth is there is nothing to get. You already have it. All you have to do is BE. It is the beingness that creates the end result.

You have two choices: enjoy what you have now or be anxious about what you don't have and focus on tomorrow hoping it will be better. Life is a journey...enjoy your trip, love yourself unconditionally, and participate fully in the trip. The reward in life does not come from achieving. It comes from participating along the way. Writing your own script means you are the one who decides what the trip will be about and what the destination will be.

e. Goal setting...you must have a vision of the destination. Your intention sets the universe in motion. So do not make it "I will not" but rather "I do.." negative self talk about what you don't want will create exactly that. Avoiding deciding will allow others to decide for you. Freedom comes from you making commitments and decisions. No decision is a decision...behind it is usually one of two things

- 1) Need to be right, because if I never commit I can not be wrong. You won't make a mistake and hence never disappointed. You remain a child...protected from mistakes.
- 2) Fear that we may have to give something up. We give up other options of what we might have chosen, we also could by making a decision, be in conflict with someone else's values and create rejection.

f. Everything in life is a choice! Acknowledge where you are, and if it is not where you want to be, what rewards are you getting for staying there? Every choice is made based on costs benefits...it is just sometimes we don't have complete pictures. Awareness is the first step to change.

What do you want? If all your free time is watching Tv, daydreaming sleeping, then rest assured you have not allowed yourself to experience what you really want.

Start creating what you want in your mind.

Feel that way, be that way, and imagine it happening just the way you want it.

g. Writing your own script also means creating a written plan of action. Some studies have said a person's greatest motivation comes from having some way of measuring success. Identify the benefit of achieving your goals or they will not work for you.

If your goal has no reward you will have no motivation. Goals start in your heart.

"The difference between those who achieve their goals and those who don't, is desire."

h. Handling obstacles: once you set a goal, all your fears and doubts will surface. If you focus on what you want to happen, the goal, instead of the obstacles, your fears and doubts will dissipate.  
GET STARTED! Writing your own script is critical!

## 6. Program Your Mind for the Best

a. If we have fed our mind with our perceptions whether truth or not all our life, and they form our belief system, then to change our mind we can also feed it something different.

It is important for us to check our beliefs/programs from time to time to see if they are working for us. The question is are we going to program our minds or are we allowing someone else to.

b. “Your subconscious will achieve anything you believe is true for you.” Belief is incredibly powerful. So how do we reprogram our subconscious? By self talk (affirmations) and visualizations.

Imagery is our mind's ability to see something in pictures.

Affirmations are quality ideas thus quality thoughts. “The quality of our thoughts reflects the quality of our lives.”

c. Positive self talk works on the theory of displacement: your mind can not hold opposing thoughts at the same time. Once we replace the old thought through repetition of affirmations causing positive opposing thoughts, then the subconscious takes it on as truth.

d. Visualization is not daydreaming. It is a conscious process applying predetermined attitudes and beliefs supporting a desired result.

Remember our subconscious can not distinguish between what is truth and what is vividly imagined.

e. For greatest effect, combine positive self-talk with visualization, and EMOTION.

Thousands of thoughts go through our brain daily, the ones that stick are those tied to emotion. Arouse a deep inner desire, enthusiasm, and energy, and they become our dominant thoughts.

**Affirmation + Imagery + Emotion = Success**

Worry on the other hand *provides no known benefit and cannot change what will happen tomorrow—but it can weaken your faith, cripple your actions, destroy your inner peace of mind and make you feel powerless.*

f. Don't work on changing behavior first...that will not be successful. Change the picture, then the creative subconscious has the job of matching our reality to the picture. To preserve sanity, the subconscious will get me to act the way the person I have pictured acts.

This process is called imprinting.

## 7. Techniques for Imprinting

Step 1: make a decision to change

Step 2: Write it down and it becomes an intention

The process of programming your subconscious to bring forth your intention is called "imprinting."

a. Three steps to imprinting:

Affirm goal with intention statement

Picture and experience in your mind the accomplishment of the result.

Feel the emotion that goes along with the accomplishment.

b. Why people don't create anything they want in life by going through this process? Because people are lying to themselves...the intention is not the true intention. So because their belief is contrary to their intention statement, you get the following: subtle reflections of existing obstacles for what you want.

Examples; you say I intend to lose 40 pounds.

"If I lose the weight, others will expect me to keep it off.

"If I lose the weight, men will hit on me and expect sex."

"If I lose the weight, I will have to give up my favorite foods."

"If I lose the weight, I will have to spend a lot of money on new clothes."

So these are in your subconscious booby-trapping your success.

How do you overcome these "Nega-tags?" Most effective is to write your intention statement as follows:

"I intend to have a new black Corvette."

Rather than "I own a new Black Corvette."

Which is more believable?

c. How to write a good "intention statement?"

1. Must be in present tense

2. Must say what you want, not what you don't want

3. Must be specific

4. Must use words that trigger feeling and emotion

5. Should focus on the best possible outcome

6. Must be a Positive statement
  7. Must be personal
  8. Must not make comparisons
  9. Must be believable
  10. Must create balance
  11. Must conform to the secrecy principle
  12. The Intention Statement Insurance Policy
- He recommends adding the following after an Intention Statement: "I accept this or something better. Please make whatever takes place the highest good of myself and everyone else involved."

See samples on the attached page.

## Sample Intention Statement

- It is my intention to forgive everyone.
- It is my intention to be totally responsible for my life, and I no longer blame others.
- It is my intention to love my body and treat it with total respect.
- It is my intention to believe there is a Power working through me to manifest good in my life.
- It is my intention to allow myself to make mistakes
- It is my intention to love myself unconditionally, no matter how many mistakes I make.
- It is my intention to believe I am not what I have, and I am not what I do.
- It is my intention to separate myself from what I have and what I do.
- It is my intention to understand and practice total responsibility,
- It is my intention to believe everyone I talk to is a potential prospect for my productdefrdseeeeeee or service.
- It is my intention to take pride in myself and my company's image in my community.
- It is my intention to bring out the best in my customers.
- It is my intention to quickly and easily discover my customers' needs.
- It is my intention to know that I am competent in my career.
- It is my intention to enjoy my life, my profession and my relationship with people.
- It is my intention to have a positive expectancy of a successful outcome, and I work through obstacles daily.
- It is my intention to understand the difference between a setback and a defeat.
- It is my intention to feel capable of expressing myself and know others see me that way too.
- It is my intention to be a magnet for creative ideas. Creative ideas flow to me.
- It is my intention to be alive 100% of the time and show it by acting with enthusiasm.
- It is my intention to be self-confident.
- It is my intention to be open to insight from my Higher Self.
- It is my intention to trust myself and know the perfect thing to say and do.
- It is my intention to find new and positive ways to play the game of life.
- It is my intention to be in change of my feelings.
- It is my intention to believe that I create my own experience.
- It is my intention to plan for tomorrow but thinks for today.
- It is my intention to resolve the issues of the past and lift the heavy burden I've carried.

- It is my intention to be courageous and risk being me.
- It is my intention to be lovable and capable.
- It is my intention to be more conscious about my life than ever before.
- It is my intention to love my Source of Power.
- It is my intention to let go of old ideas and be open to new ways to do things.
- It is my intention to let go of anything that does not support my goals.
- It is my intention to release everyone, and everyone releases me.
- It is my intention to be effective and efficient in stressful situations.
- It is my intention to easily anticipate events in my imagination and know how to handle them when they occur.
- It is my intention to accept that pressure is exciting and stimulating to me. I am even more creative when under pressure.
- It is my intention to enjoy helping my family members in their personal growth.
- It is my intention to have an excellent memory with clear and easy recall.
- It is my intention to be well organized and always have a plan of action.
- It is my intention to enjoy taking calculated risks to improve my life.
- It is my intention to enjoy the results that come from reading this book.