

"Unhypnosis"
Create the Life you were Meant to Live
Monday, April 21, 2014

- Mission Live Stream Monday at 8 PM EST, 9 PM EST, 10 PM EST, 11 PM EST www.m5mlive.tv. Dial 800-768-2983, Access Code 471-2222# or 24/7
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Book by Dr. Steve Taubman

1. Are we not all in a state of Hypnosis?
 - a. Programmed from birth
"What if we are all hypnotized, stuck behind invisible walls that exist only in our minds?"
 - b. Could it be we have a misunderstanding of the facts?
 - c. How can we see through the illusion to the limitless potential that awaits us? His CD cover for Direct Sales: "How fast would you build your downline if you had the same mindset as MLM millionaires?"

2. What does it mean to be hypnotized?
 - a. Conscious versus unconscious
Conscious is awareness...subconscious is below awareness but control almost all of our behavior.
 - b. The process by which all of these thoughts came into our subconscious is a type of "hypnosis"
 - c. Thus, the concept on unhypnosis...reprogramming to set you free.
 - d. You can't just tell your conscious to do something else...requires technique to bypass the real decision maker (your subconscious mind). The conscious mind stands guard of the subconscious so to reach the subconscious mind, need to "lull the guard to sleep."
This is how you became programmed initially...you were too young to have much in your conscious mind to guard the subconscious so it was just fed all sorts of stuff.
 - e. Cultural hypnosis takes a stranglehold on us as well. Hypnosis gives us no feeling...it is a condition of being conditioned.
" If we're entrapped by our unconscious adherence to an illusion, it is our conscious recognition of that fact that will ultimately set us free."

3. "This book will change your life: guaranteed. If you follow the steps laid out and take time to ponder the deeper questions raised you will grow."
 - a. You get to choose a "do-over." Billy Crystal in "City Slickers."
 - b. Ambiguity is part of the game...and to live with ambiguity is a prerequisite to contentment and happiness.
 - c. Before getting started, do an inventory of your life. (see questions on attached page). Your success will be proportionate to the extent you take responsibility for where your life is today.
 - d. He discussed his path from chiropractor to ..."How to Win by Quitting" by Jerry Stocking

4. Creating the Life we want is contained within the 5 Layers of Consciousness
 - a. Layer #1: Essence (our most basic layer)
This is the fundamental you as you came into this world.
Most of the work here is not to discover what our essence is but to go through a period of unlearning.
 - b. Layer #2: Belief (just outside the Essence Layer but quite afar from our conscious). Our beliefs must be empowering in order to succeed...and we have many that are not. How to separate and dispose of those not effective then becomes the challenge.
 - c. Layer #3: Goals the next level beyond beliefs
The direct switch for wants setting the wheels in motion to manifest our wants. These must start with our values, our true purpose. Many have no idea.
 - d. Layer #4: Manifestation is the next layer beyond Goals
We must learn how to manifest our desires. By exercises we can amplify our ability to manifest beyond our dreams.
 - e. Layer #5: Interaction
The outermost layer of consciousness is the one that interacts with the world around us.
How to become more comfortable with others and how to deal with uncomfortable interactions..

5. Critical Points;
 - a. Strategies for success operate according to natural law
 - b. Nature abhors a vacuum. All emptiness will be filled.
 - c. Commitment results in unforeseen, miraculous results.
 - d. Success requires congruence at all layers of consciousness.

6. FIRST LAYER: Discover your Essence

a. Being in the moment allows other things to become very clear.

"Detachment is the ability for us to step back from our mental constructs and look at the world from a neutral perspective."

b. Essence: Christians call it soul. Look at things that give you joy...a laughing child, an incredible rainbow...no one taught you to love those things...it is your essence.

Can't think your way into it cause that comes from conscious.

"Seek first the kingdom of heaven and all else will be given unto you." Matt 6:33 "The kingdom of heaven is within." Luke 17:20-21. So first look inside.

c. The path:

1) Can't violate its basic tenets

2) Must be experiential. We are looking for a method for learning to experience yourself differently, in all your glory, not limited by what others tell you.

3) Must be alive. Each day you should touch the essence within you. Don't rely on last week's nourishment.

4) Must be practical. (in other words, not going to a monastery)

5) Must be understandable to your conscious mind. (don't need to have conscious as an adversary)

Understanding the goal is creating a spacious, quiet mind, you might begin to imagine some possibilities for yourself.

d. Tools at your disposal:

Notice the beauty: focus on it and drink as nourishment...stay out of head.

Extreme weather: experience this and many of your mother's programs will show up when you truly might love the experience.

Meditation: quiet your mind. Focus on how you feel and shift out of your mind. Notice how it comes and goes...without thought. Practice avoiding the thoughts and just focusing on the sensation.

"Handbook to Higher Consciousness": "I welcome the opportunity, even if painful, that my moment by moment experience offers me to become aware of the addictions I must reprogram to be liberated from my robot-like emotional patterns."

e. Unhypnosis and recovery from "addictions": use of meditation as we re-identify ourselves correctly not as our mind with all its erratic and inconsistent thoughts., but as our essence.

Reaching the state of unconditional happiness.

7. SECOND LAYER: Clarify your Beliefs

a. Our outer world can never be better than our inner world. In fact our outer world is a reflection of our inner world: our values, beliefs, essence.

b. Values: typically are below our conscious but control every decision we make.

Many values were given us with no question by parents, early life experiences. We are imprisoned by these until we step out of them and evaluate them. Unexamined values result in unconscious behavior.

c. Finding your values: Brian Tracy has a 3 step process outlined in the book.

"Positive values plus diligent adherence in outer behavior equals inner peace."

d. Beliefs: Napoleon Hill gave us "Think and Grow Rich." Most of us have been heaped with disempowering, cumbersome, and false beliefs about ourselves and the world around us. Then we make our beliefs into our realities. Need to go through "reframing." Look at any situation that is challenging and choose a resourceful interpretation of them.

8. THIRD LAYER: Identify your Goals

a. Burnout does not come from a lack of time, it comes from a lack of purpose.

"In all things in life and pertaining to your life itself, know your purpose."

Find the link between everything you are doing and your purpose...then it will come easily.

Find your purpose...and then ask about all your activities each day, are they on purpose?

b. Express your unique gift. Everyone of us has something that sets us apart, our voices need to be heard.

c. If you can dream it you can do it. So dare to dream...dare to imagine a different future.

d. Goal Setting technology: The COUGAR method

C - Creativity Phase Idea Generation

Vision: just allow pen free flowing thought on key words and phrases that reflect your visions. Assume anything is possible. This step stimulates your creativity.

O - Organization Phase Lists, outlines, timelines, and storyboards

Now activate the left side of the brain. Perhaps for each idea there are 3-5 individual goals to be met.

U - Unblocking Stage Identify obstacles and find solutions

With each individual goals, list obstacles and then solutions.

G - Group Phase-Sharing and Brainstorming

Choose support group to work with you on brainstorming

A - Action Phase

Scheduling your activities

List actions that are necessary to attain the Goals.

Make them bite-sized so you can check them off.

R - Relaxation Phase

This is not an additional phase but rather a mindset for each and every one of the other phases.

Manage discouragement, doubt and depression.

Prosperity consciousness. Think of Giving Goals not just Getting Goals.

Avoid money goals...they mean nothing. Tie to results.

Make sure you set goals that are congruent with your values.

9. FOURTH LAYER: Manifest Miracles

a. Goal setting is placing the order with the universe, manifestation is the layer of receiving.

Consciousness + Integrity = Speed of Manifestation

b. He built 12 rules of Manifestation

c. Problem with positive thinking is too many times it is layered on top of lots of negative thinking.

d. Checklist to manifest your desires:

- 1) picture the desired result
- 2) write, draw, dream
- 3) stay enthusiastic
- 4) witness the chatter of your mind
- 5) take action everyday
- 6) ask the universe for help
- 7) ask for the wisdom to see the quickest most direct path
- 8) keep checking the desirability of the goal
- 9) watch for signs that you are on the right path
- 10) notice ways in which the universe is assisting you
- 11) have fun

"We are capable of infinite creativity, infinite joy, infinite love, and infinite compassion. Imagine if we actually claimed those gifts and used them."

10. FIFTH LAYER: Interaction

a. *A man who becomes conscious of the responsibility he bears toward a human being who affectionately waits for him, or to an unfinished work, will never be able to throw away his life. He knows the "why" for his existence, and will be able to bear almost any "how." -Victor Frankl*

b. We give...by example and compassion

c. The art of astonishment...our idea of what is real and true it is rarely questioned.

Astonishment produces an interruption of the stream of thought with which we have become identified.

d. Listen to all with intent to give others the belief in anything is possible.

e. Communication is an organic process, requires a giver and receiver.

When we fail to listen we fail to allow someone to give.

When we resolve to give others our undivided attention, they can show up.

The art of sharing: when we share our pain, we become more truly human.

f. RARE: commit to "rare" qualities which make us most desirable to others:

Reliability

Accountability

Responsibility

Empathy

g. Show your work

h. Share with care

i. Take care of your outer presentation.

List of Questions

1. What works?
2. What doesn't work?
3. How much of your discontent is generated by your outer circumstances?
4. How much is just a feeling from within?
5. Where would you like to see yourself a few years from now?
6. Do you have a clear idea, or is it vague?
7. Are you starting from scratch, ready to create a life from nothing? Or, are you stuck in a life you don't like, ready for a do-over?
8. Have you faced disappointment thus far? And, if not, are you willing to do so in the future if that's what's necessary to accomplish your ultimate goals?
9. What do you perceive to be the primary factor holding you back?
10. Is it an outer circumstance or an inner attitude?
11. Is it a habit of not taking the necessary steps?