



## about our belief system

Much of what you believe is sitting in your subconscious. You have a story for many subjects that you live out unconsciously. You developed a good majority of these stories/beliefs before you were old enough to contemplate and process the information as being true or not true. This is why psychologists often ask you to describe your childhood. It is a means of **exploring when you decided on certain things** and what made you decide those things, especially if these beliefs are not serving you well as an adult.

You see and you **experience exactly what you expect** to see and experience and, you just assume this is truth and reality for everyone. It is possible, your take on reality, your filters of reality, are only yours and they may be inaccurate or there may be other correct perspectives.

Your actions are almost irrelevant when compared to the importance of your expectations. Your preconceptions, which are at the mercy of your filters and conditioning, have just as much impact on any experience as the specific actions you're taking. **What if you changed what you expected?**

## What you can expect from this module

Techniques that improve your coping mechanisms

Perspectives that can reduce negative and limiting emotions

### **Tools to help your capacity to 'let go'**

Insights into how and why connecting with your internal resources will empower you across all aspects of your life

Stretch yourself to answers all the questions included so that you get the most from the learning potential of this module



Allow almost 2 hours for this module



## Thoughts become things... choose the good ones!

**Your thoughts will never betray you, in that,** they will strive to become things. If you have a lot of negative thoughts, you will have a lot of negative experiences. If you have a lot of positive thoughts, you will have a lot of positive experiences. Your experience of a negative thing, can be less negative.

Most of the time, people are not even really aware of what they are thinking about. Their mind is left to its own devices, allowed to have thoughts about anything and everything. **This is not a good discipline.** It is actually a lack of discipline. If your thoughts become things and you are mostly unaware of what you are often thinking about, you are haphazardly creating your reality, as opposed to deliberately and consciously creating your reality.

It is important, if you wish to improve your control over your life, and who and what comes into your life and, how you perceive what comes into your life, that you consciously choose your thoughts. You need to train the habits of the mind. Don't leave them to the undisciplined monkey mind.

This approach ties in with the exercise in module 1 called, **choosing your focus.**

**"Choice, not chance, determines your destiny." Robert W. Ellis**

Q. What are 3 consciously chosen thoughts you could have about your career, relationship or new biz venture that are positive and can underpin a positive outcome? Write them out as strong, powerful, though believable to you affirmations. Writing these down is essential to root their seeds

## Inner guidance includes:

Self awareness, raising your conscious awareness, tapping into your inner potential, operating from intention as opposed to blind habit.

Potential meaning, what is to come and what is possible but, not yet realised or materialised. **People can achieve amazing things when they learn how to tap into their internal well of resources.**

## We live in our heads too much



Even in the highest performing, fast paced corporate environments, there is a real need for heart. In fact, showing up without tapping into your inner wisdom and a connection to your heart, limits you. It means you have not tapped into the massive well of potential that is, your inner guidance system. When you feel tapped into your higher conscious, your inner wisdom, your intuition, you can make decisions with so much more confidence, roundedness and conviction. People notice the difference between the you that operates in head space and the you that operates from a heart space. This is equally so in your relationships.

Head space, is about should's and should nots. Limited by fear of judgement or hindered by ego. Being a 'yes' man to improve your position or not to stand out as being different or vulnerable, incase you make a mistake. Following the pack. Not connecting to your real values and heart felt beliefs.

**Q. What 2 things might be different for you right now, in a business sense or even in a personal sense, if you were to listen to your heart and your inner voice or your gut, and your values, as opposed to operating out of a head space?**



## You can't do it unless you can imagine it

Imagine your ideal business, career or relationship. **If your thoughts are at work becoming things, what does this mean you are manifesting right now?**

To continue doing the same things and thinking by some chance you will achieve a different result, you are mistaken. **You have to do something different if you want something different.** Imagine what you really want, vividly in your mind and make sure you connect to your heart space, go with where you feel the passion. **This takes effort** and sadly that's why many folk don't keep it up. In fact it is described as the hardest work ever, consciously disciplining your thoughts. Constantly directing your mind to think powerful thoughts of what your ideal reality looks like is simple, but not really that easy. It takes tremendous effort to hold those images in our mind constantly. If you don't keep the images in your mind of your new more desired results, you will be left living in the energy of your old thinking and results. Make the effort and **do not let your old results dictate** what you are truly capable of achieving with some focused effort. Stay focused forward into your vision of your ideal results. Eventually, this will begin to dictate your actions and once your actions are in motion your preferred more ideal results will begin to manifest.



**WARNING:** The trap with this process, is to hold fast and to stay disciplined in the face of challenges. I have experienced and have witnessed people abandoning this creative visualisation and belief system process because, things didn't seem to go to the 'new' plan. Sometimes, divine timing is at play, just have faith that often there is a bigger picture at play. Sometimes we are not actually focused on our ideal vision at all but, we stop realising we have taken our eye off the prize. So, when things do go wrong, or maybe things don't go the way you had hoped, it is easy to fall back into old thinking and energetic feelings, hence abandoning the new process. If nothing else, this creative visualisation and positive expectation process makes you feel good. Feeling good is a vital part of putting good energy into your biz venture, career or relationship and having a nice life in the process.

## Imagine your IDEAL business, career or relationship

Write out a paragraph to describe what you see and what you are feeling and experiencing in this vision?

Make it very motivating and still believable, even if it is a stretch target and keep this paragraph somewhere that you can read it daily.

**"To be nobody but yourself in a world which is doing its best night and day to make you like everybody else means to fight the hardest battle any human being can fight and never stop fighting."**

E.E. Cummings, American poet

**"Being miserable is a habit. Being happy is a habit. The choice is yours."**

Tom Hopkins, sales trainer



## Guidance and wisdom is sensory and primal

Birds and whales know when to migrate as they operate from internal guidance. While the **voice of social conditioning** manifests itself as a stream of thoughts in the head, **wisdom** often appears as energy, emotions or physical sensations in the body.

The creation of the physical world is a top down process. Your expectations are derived almost wholly from your beliefs; **what you believe dictates what you expect.**

Inner guidance and wisdom isn't some big mystical, magical, spiritual phenomenon. It is a part of our natural human system that is **often very subtle**, and therefore in our hectic modern lifestyle, easily missed. Easily missed because we have stopped valuing this part of ourselves.

### A tiny example of this is:

I can be inspired to cook dinner, **tapped into** what my taste buds are asking for, flavour and texture wise and everything just pops. A meal comes together in great time, great flavours and with great fun. Other times, I am so **out of tune** with myself, usually due to sitting on the computer past all the inner guidance signals to get off the computer, that I couldn't even make a piece of toast properly. I have no connection to myself.

**Another example** of what I mean by subtle is when you are holding tension in your shoulders and then you suddenly realise and you release the tension and relax. You were holding that tension but you didn't notice it, it is subtle but powerful at the same time. That is why it does take concerted effort or practice to tap into what subtle messages are going on within your human system and to learn to recognise them and to trust them. Also understand what interferes with them, like, electronics.

Where in your body do you notice your voice of intuition?



The tip here is, start learning to tap into your inner guidance with simple things and to grow your capacity so that you can then rely on your inner guidance for the bigger things. Start with, little signs, little niggles that we can easily shake off or easily ignore due to the noise of the world and your thoughts.

You are getting subtle niggles all of the time and more then likely you are totally not giving them any air time.

If you ignore them too much, they have to find other ways to scream louder at you like accidents, illness, things that force your hand on something because you needed to have it forced.

## Tapping into your 'inner guidance and wisdom' is a daily discipline and... Practice makes permanent

- it is knowing how to hear what is in your gut and in your heart
- it is having the capacity to remain grounded and emotionally regulated
- it is having the tools to dictate your energy as opposed to unconsciously buying into other peoples energy, or lazy habit energy
- it is listening to your body and the signals it gives you and trusting them

What might be different for me if I followed my intuition more?  
How could others tell I am actually practicing this?



## YOU NEED TO ACKNOWLEDGE

that **you have** an inner guidance system, that it is a part of your human system and that it is possible for you to exercise your capacity to hone into it as a normal part of your daily functioning. Acknowledge that without it, you are more than likely operating out of social conditioning. There is more struggle in life when we are not connected to our inner guidance. It means we need to go outside of ourselves for strength and support and answers. Most of what you need is 'within you' and not external of you. This is referred to as having an internal locus of control. If you operate with an external locus of control, it means you feel like you don't have control in how you feel or what happens to you.

Where could you see yourself starting to shift from an external locus of control to more of an internal locus of control? What might be different for you?

## VISION AND GOALS

when you have a strong understanding of who you are, what you want to spend your life on, what matters to you, what your big WHY'S are, it is so far easier to be grounded and to tap into your inner wisdom. You will have a road map of your life to work with. Having said that, if you are working in a job that makes you unhappy, the unhappiness is A SIGNAL that you are not in the right place for your on purpose life. That's a no brainer right! However, if you are feeling unhappiness or lack of passion for anything else in your life, the signals are the same. Ask yourself if you are avoiding what the signal is telling you or if you are in denial, not ready to acknowledge what the inner guidance signal is trying to say to you.



What is your inner wisdom, your inner knowing saying to you?  
Whether or not you are prepared to act on or acknowledge it.

## CENTERING IS A SKILL

Surviving the hurricane of life doesn't have to lead to burn out. It's all about knowing how to find your center. Those who know how to do this are the ones who can stay calm despite the chaos that is happening around them. They know the secret of centering themselves. You may be knocked out of your grounded state temporarily however, the more you practice these centering habits, the quicker you will be at re grounding yourself.

### **Breathing to centre.**

Being focused on your breath, the rhythm of your breathing, helps you to block out all other distractions.

Close your eyes and put your focus at the top of your nose between your eyebrows, where your intuitive chakra is located. See the universe in this place. Experience the vast expanse of the universe. Allow your entire self to be in this vast expanse of universe. If you imagine yourself become like liquid you can melt into this vision.

Breathe in slowly for a count of 4, hold that breath for a count of 4, release that breath for a count of 4, stay with empty lungs for a count of 4 and then repeat that process. Be gentle and consistent and get into a rhythm of breathing. Do this whilst you are focusing on that space between your eyebrows and try to release thoughts as they occur, don't hold onto them. When thoughts creep in, don't engage them, let them disappear as if they were steam or bubbles in a breeze.

## CENTERING IS A SKILL cont...

With every breath in, imagine the pure clean energy entering your entire body. With every breath out, release what you are holding on to. Stress, worry, memories, thoughts, imagine them leaving you with your out breath until you become a blank canvas, uncluttered and totally present, not held ransom by any old thoughts. You are just being present, achieving nothing, just being still and empty of thoughts.

At this point when you have breathed long enough that you can feel a sense of centering occurring, you can start to ask what is it my heart needs to say and gently, silently await the answers. Don't judge them and scare them off, just sit in open stillness and watch the answers appear. The more you practice this the better you get at understanding the answers you receive.

**This breathing exercise is great if you are nervous about a meeting** or interview or performance or plane flight etc. It is good to clear your mind before a critical thinking meeting or if you are finding a build up of thoughts and energy starting to overwhelm you. You can do this breathing exercise without closing your eyes, even in a meeting if you need to command some centering and groundedness on the run.

Search online for breathing exercises. 'Youtube', guided breathing exercises.  
**Be proactive about this, I can't express enough the positive impacts this practice will have in your world.**

**How will I ensure I incorporate this type of centering practice into my life?**

## ASKING INNER WISDOM Tapping into your senses

if you're wondering whether a choice you need to make is wise or not, don't search your mind for a rational argument. Instead, hold each option you have in your attention, in your heart and in your gut, then feel its affect on your body and emotions. When something's wrong for you, you'll feel a sense of 'no' in your body, it can feel a bit dense and maybe even present as constriction and tightness or an uneasiness. The wise choice gives you more of a sense of 'yes' in your body, it feels lighter and leads to feelings of liberation, even exhilaration. The more practiced you get at this, the easier it is to make decisions. You will learn to trust your gut more than trusting your head.

What question do you want to ask your inner guidance right now?

**LOVE** Yes, the mechanism of love ties everything together  
(don't trip over on the words)

Love is a verb, a doing word. If I had another word to describe how to use your inner world, I would use it, but, love is the word that fits how to do this part of 'inner guidance'. When you learn how to **use love as a deliberate process** as opposed to allowing the old habits of judgement, playing the victim, passive aggressive, hatred or blame to operate, **you will be liberated completely**. Love will not allow you to hold a judgement that will hurt yourself.

## LOVE cont...

This does not mean you are a softy, weak, push over. On the contrary, you have to be grounded and strong and smart and self assured to use love. Love allows you to be 'in flow'. When you get into the habit of using love, you will find love is the easy answer to everything. Choose to love everyone in your life and love yourself especially. **Love is not 'like'**. You can love someone and not like them or at least not like their behaviour. You can say, I choose to exercise love toward you, however, I do not like your behaviour currently.

### **Love is the absence of negative internal vibrations.**

If your partner is not being nice, or not appreciating you, you could engage judgement toward them or you could engage love toward them. HARD TO HEAR, I KNOW. How can you love someone who is not exercising love toward you right now? Love is a verb. It is a doing word.

Love has a positive energy and good intention. Maybe your partner has lost their way in how stressful this life can be? Maybe they need help remembering what they care about, what they are working for? Check yourself, maybe if your partner is unhappy with you, it is because you are unhappy with you. The law of attraction is always working. What is going on internally for someone can be seen externally.

Being defensive is weak, it is cliché and it leads to zappy, clashing energy. Defensive behaviour is short sighted and so un humble. You drop to the standard of behaviour that is annoying you in the first place. If you react defensively, you are like a sheep, blindly engaging and buying into someone else's energy. DON'T DO THAT! Show up holding on to your own energy. The energy you consciously choose to sit in.

**How can I start practising the love process right now? And, how would I and others notice?**

## LOVE cont...



Be open to observing the facts, ready to be wrong if that is the truth of the matter and ready to lovingly assist others to process their energy and thoughts. Taking this action is THE ACT OF LOVE. Sometimes, silence is golden as it helps zappy energy disperse, energy that would normally attract a squabble if you didn't just choose silence. Choosing silence isn't the silent treatment, that's different, that's passive aggressive. Choosing silence in this case means not adding your 2 cents and therefore contributing to the zappy negative energy.

If somebody is annoying, frustrating or clashing with you, imagine invisibly sending them love energy. Clearly, they need it. Love is a positive vibration. This as much for you as it is for them. If you spear someone else with negativity, or defensiveness or judgement, even if it's only in your own mind, you spear yourself as well. If you choose to take the higher ground and act out of the love process, you induce yourself with the energy of love as well. Your thoughts are far more gentle and creative in this energy. Just trust me on this one.

You don't have to like someone, but, it pays off big time, especially over time, to learn how to practice the love process for them. Send them positive vibes, send them positive energy. This stops you from absorbing the negative impacts of judgement, hatred, blame, defensiveness or projection. Oh, and using the love process on yourself is also highly recommended. Ask, what can I do in this moment to love myself?

**Who are 2 people I could start using the 'love process' with right now? How would I, and they, notice this change?**

## READING THE SIGNS

You know what it feels like when the hairs go up on the back of your neck. You know what it feels like when someone has a creepiness about them. You know what butterflies feel like in your stomach. These are all intuition and your inner guidance.

**Notice what floats your boat**, what comes naturally to you, what you seem to take for granted because it is not hard for you. Notice where you struggle. What you are not great at. What stresses you. I can often struggle to powerfully articulate myself over the phone, however, with time to contemplate, I can write a fantastic email. I am better with time to consider my thoughts. Other people are fantastic on the fly, great at taking the floor, public speaking, even having an argument, they can come up with their best material, on the fly. **Extract from these signs, information about yourself.** I'm great at writing as opposed to speaking. This is not to say, we don't stretch and grow. We totally need to challenge ourselves, and stretch and grow.

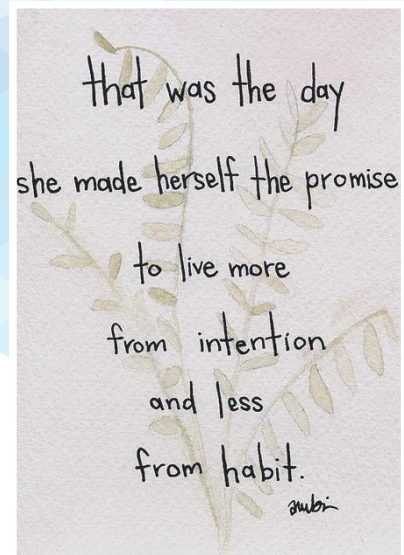
You may be in a board meeting and notice that you are having doubts about someone or something that is being suggested but, you don't really want to speak up and be in the spot light, after all, you might be wrong! Or you don't really trust your gut or intuition so you bite your tongue and you push your niggles to the side, only later to find out what your gut was saying, was actually accurate. You can hear yourself saying, "I knew that", hindsight is often quite useless though. **I say, listen to the niggles.** Most people are having them, very few people voice them. Most of the time, there is something worthy in the niggles. If you are in a board meeting, you can say, "I may be wrong about this, but my gut feeling on this is..." or if it is more of a sensitive issue, speak with the appropriate person at a more private time.

**What is a good example of where your gut was niggling but, it was only in hindsight that you noticed how spot on it was?**



## MEDITATION -there are many ways

Helps to release energy that you store in your body that otherwise builds up and creates anxiety and stress and other health issues. Anxiety and stress are noisy and they interfere with your ability to understand what is in your gut and in your heart. Meditation helps you to defrag, and to unclutter your busy thought and emotional habits. It helps you to learn powerful specific focusing and inner energy budgeting. **DON'T UNDERESTIMATE IT.** Once you make this a part of your life you will wonder how you lived without it. Any easy way to start meditating is to pop ear phones in when you go to bed and listen to a guided meditation. Either one you have purchased or one you have found on 'youtube'. One of my favourites is Deepak Chopra guided meditations. I don't expect massive shifts and changes in short periods of time, I just practise guided meditation as a habit. Like drinking water or going to the gym.



What would get in the way of me introducing meditation into my daily routine? What one thing can I do to support myself to start meditating?





## Learnings from this module

**Techniques that improve your coping mechanisms including:**

**building on your internal locus of control  
centering your energy and attention process**

**Perspectives that can better manage negative and limiting emotions:**

**tapping into where your energy naturally 'is' and 'is not' meditation**

**Tools to help your capacity to 'let go':  
like creative visualisation and the love process**

**Insights into how and why, by connecting with your internal resources,  
you will become empowered across all aspects of your life:**

**perspective, trusting your larger life purpose is bigger than any 'in  
the moment' issue.**

**connecting with and using your inner voice, your gut, your intuition  
is with you 24/7**

**It's not your job to like me, it's mine**

The thing about your inner wisdom is, it  
knows what your head hasn't figured out  
yet