

How to collaborate with your mind to transform your life

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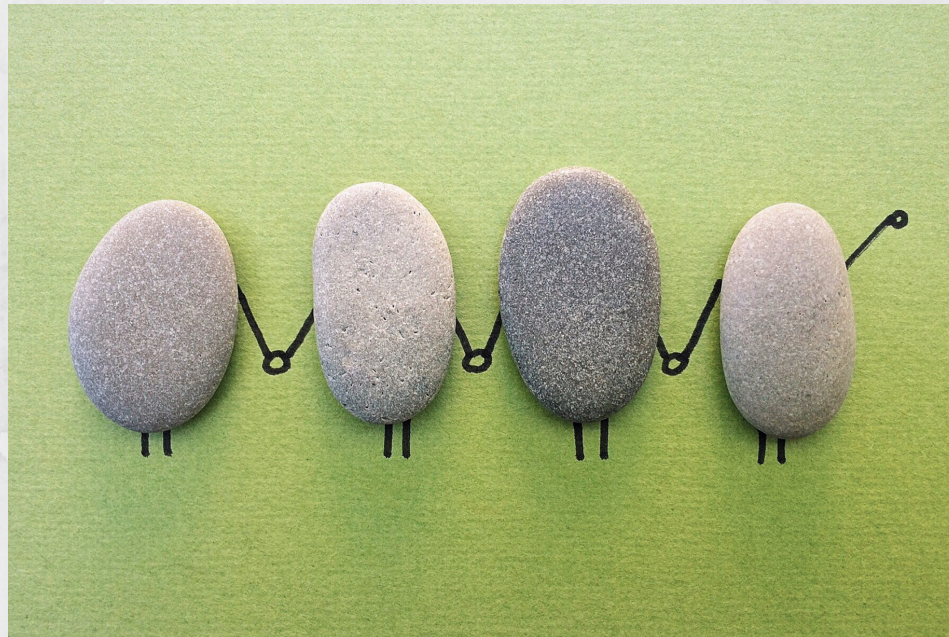
Rapid Transformation Therapy

This unique technique is a formula for success using a step by step
system for incredible and lasting change

Change your mind and Transform your Life

We are always collaborating with other people, but lets do something really smart.

Form a partnership with our brain and communicate with it better



All you need to know are these 4 simple rules:

1. Your mind does EXACTLY what it thinks you want it to do. If you're not getting the results you want, there's a problem in the message that it's getting from you.
2. Your mind is hard-wired to move toward pleasure and away from pain.
3. The way that your mind understands how you feel about something comes down to two things – the pictures you make in your head and the words you say to yourself.
4. Your mind loves what is familiar. It will always try to fall back on what's familiar.

1. Your mind does EXACTLY what it thinks you want it to do.

If you're not getting the results you want, there's a problem in the message that it's getting from you.

Your mind is always listening to your self talk, so if it gets a message about something you want to avoid don't be surprised if your mind jumps in to help you avoid it.

Here is an example, you might say ' I am dreading doing my revision, it's so boring and i am just going to fail'.

Suddenly you start to get distracted, you might feel ill and you start procrastinating and can't get your head down to revise because you have told your mind its too painful for you.

So what can you do? Specifically start to use words like I am choosing, I want to. So instead start saying 'I am choosing to revise because I know it will give me better marks and I feel good about it'

That's what you really want to communicate with your mind so make sure you use very specific, detailed and precise words to get what you want.

2. Your mind is hard-wired to move toward pleasure and away from pain.

The primary survival trait of our mind is that it will always move us away from things that cause us pain and toward things that cause us pleasure. Its job is to make us survive.

When you link pain to something it will do everything it can to keep you away from it.

For example ' I am dreading doing my revision, it's killing me to sit down for hours, I am so afraid I am going to fail'

This self talk is linking massive amounts of pain to revise and is holding you back from success. Understanding this rule your mind will want to help you move away from that pain. This is not a real pain it's just a perceived pain.

So what can you do? The great thing is you get to choose what you link pain or pleasure to and if you link massive amounts of pleasure to your revision you will be able to focus and get what you want.

Say instead ' I love revising, this is a challenge but I love going over what I have learnt because it shows me how much I have learnt'

3. The way that your mind understands how you feel about something comes down to two things – the pictures you make in your head and the words you say to yourself.

The whole inner dialog that you have with your brain is conducted by your thoughts – and those thoughts can be in pictures or words.

So, if you want to change the dialog that you're having with your mind – change the words you choose and the mental images you choose to focus on.

And don't think of this as “positive thinking.”

Think of it as re-wiring your brain for success by communicating with it more effectively. Make the words good and the pictures good and change your life.

4. Your mind loves what is familiar. It will always try to fall back on what's familiar.

In our bodies we are still tribal people and it was dangerous to go out into unfamiliar territory, but we don't live in tribes anymore. If your normal mindset is self-doubt and worry. Then 15 minutes of meditation in the morning is not going to override that. What's most familiar is the OTHER 23 hours and 45 minutes of the day.

In order to change this, you need to make what is familiar, unfamiliar... and what is unfamiliar, familiar.

If what is familiar is telling yourself you are not good enough, start telling yourself you are good enough. When you continue to repeat this and make praise more familiar and self criticism less familiar it will turn your life around.

First make your beliefs, then your beliefs will make you.

Make a point of noticing negative self-talk and defeated mental images and turn that around.

Mohammed Ali said that he proclaimed he was the greatest before he was the greatest – and then he BECAME the greatest. Whatever you tell your mind, it believes.

That's also why someone can hold an Olympic record for years and years but then when someone breaks that record, suddenly the record being broken is familiar so others also break it soon after. Simply because the belief that it was possible became familiar.

If you would like a greater understanding and deeper connection with yourself and what holds you back, have a 121 with a Marisa Peer Rapid Transformation Therapist and get lasting change and transform your life.