Discover Your Miraculous Abilities

Day 3

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Making Your Unconscious Mind Your Ally

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When: Before doing processes. This technique is very simple, and very powerful. Do it daily.

Why: To help access your resources; create a collaborative relationship with your unconscious mind, and to elicit more deeply held information from your unconscious mind.

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Process:

1. Sit comfortably, and take 3 easy deep breaths. Relax the top of our head, your jaw, your pelvic area, and your feet.

2. Talk to your unconscious. Appreciate all the wonderful things it does and the incredible power it has.

3. Apologize for getting angry or upset at, or abusive to, your unconscious (yourself).

4. Ask your conscious and unconscious mind to work together with your “M”, inner wisdom and spirit, to create a wonderful life for yourself.

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The Eight Agendas That Run Your Life

When: Once a day during the workshop. Once every few weeks, or before making major decisions in your life, or when you are changing and growing.

Benefits: To create more of what you REALLY want in your life by creating internal alignment and eliminating internal conflicts. To enhance your personal and spiritual growth, success, relationships, health, career, and joy in being alive.

- We are looking at your soul's, your spirit's, your personality's, your body's agendas; and the relationship of your agendas with other people's and humanity's agendas.
- Do this exercise to clear the energy between them, and create synergy and collaboration.
- We will discuss what the "soul" is compared to "your spirit".

Process:

1. Imagine a beautiful summer night, away from city lights, with stars twinkling brilliantly in the sky.

2. Let one of those starts come down and be a beautiful gleaming tiny star in front of you. It represents the wants and needs of your conscious mind.

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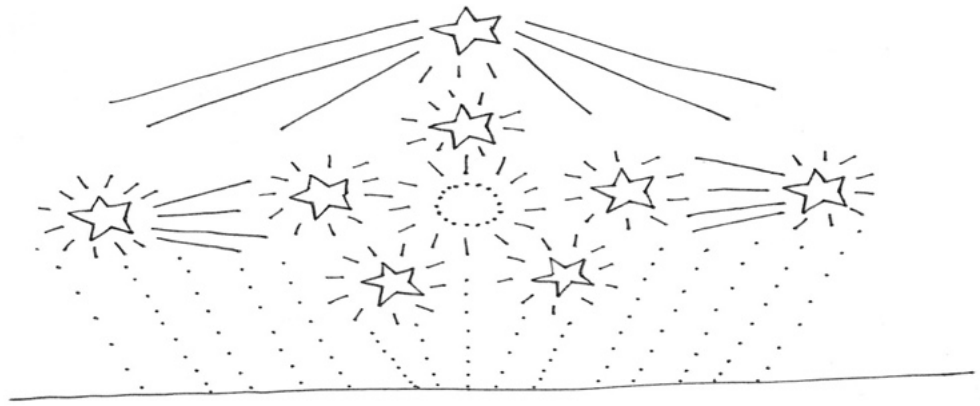

The Eight Agendas That Run Your Life (2)

3. Let a second star come down that has many little points of light inside of it, It represents the wants and needs of parts of your unconscious mind.

4. Let a third star come down that represents the wants and needs of your physical body.

5. Let a fourth star come down that represents the wants and needs of your soul.

6. Let a fifth star come down that represents the wants and needs of your spirit.

7. Let the stars form into a circle. See each one glowing brightly and sending light into the middle of the circle forming a ball of light.

8. On the left side of the circle see a star that represents the wants and needs of the groups you are part of. Let it be in communication with your circle of stars.

9. On the right side see a star that represents humanity's agendas, and let it be in communication with your circle of stars.

10. That ball of light in the center of the circle becomes a space of dialogue and collaboration, where every aspect of yourself is in communication with every other aspect of yourself.

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11. Imagine that a common agenda is being created that takes into account your wants and needs as a total being.

12. Let another star come down and be above the circle of stars & the ball of light. This star represents God or Spirit or life or__?__.

13. Let it shine down on your circle of stars and the ball of light that transforms, heals, gives guidance, and helps to create your dreams into reality.

14. Let the earth shine energy up on your circle of stars and the ball of light that transforms, heals, and helps to create your dreams into reality.

15. The ball of light in the center of the stars glows brighter and brighter, and it represents the agenda of you as a total being.

16. Bring the ball of light into your heart and let it fill your heart and blood. Let your blood take that energy into every cell in your body. Every cell of your body is aligned with your wants and needs, and every part of your energy field is aligned with your wants and needs.

17. Dissolve all the images, and imagine a gold sun over your head. Let the gold sun retrieve your energy from wherever you have left it, clean it up, charge it up, and beam your energy back into your body.

18. Also, let it beam gold energy into your body.

19. Let any excess gold energy go out your feet and into the earth.

20. Appreciate yourself for giving to yourself (and others).

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Energetic NLP Presuppositions

These are all models, analogies, and metaphors that are useful but not necessarily true.

Explore them, don't believe them.

1. **Beliefs du jour**: The concept of "beliefs du jour" is that you are trying to get closer and closer to "the truth", but you don't stop yourself by believing that you can be sure that

2. you have it right. Like the game of horseshoes, you can "win" by being closer to "the truth" without actually being all the way there.
3. **We are complex beings, full of paradoxical and conflicting beliefs and programming.** People cause themselves much harm by trying to conceive of themselves in a too simplistic fashion. That is, they want to be able to simplistically say "I am ____". I am creative. I am kind. I am intelligent. I am trustworthy, and so on. People are complex. They have many threads in their personality, and some of them are the opposite of others.
4. **Our internal mental processes, beliefs, and structure create our behaviors, emotions, talents, and problems.** Changing our internal experience can alter any of these.
5. **Your behavior is not who or what you are.** At its best, your behavior is an expression of who you really are. Behavior can be evaluated and changed *by context.*
6. **"Reality - what a concept",** Robin Williams. People operate from their interpretation of reality (their mental model) not directly off of reality itself.
7. **Mind, energy, and body are part of the same cybernetic system.** Emotions, physiological responses, perceptual input, internal processing, energetic flows, and behavioral output all occur simultaneously and are dynamic. Each influences

responses in the other. None is separate. None is without impact.

Energetic NLP Presuppositions (2)

8. As we become increasingly able to access our unconscious resources and increasingly able to access our spiritual nature we discover that we have all the resources that we want and need in life. This includes access to all the information we need.
9. Language is *an attempt* to represent experience.
10. The meaning of a communication is the response it evokes in the listener (not want you intended it to mean).
11. If it is possible for one human being to think or behave in a certain way, it is possible for another. It is a matter of learning how.
12. A person's behavior represents the very best choice for the person at that moment in time (based upon their emotional, cognitive, energetic, and unconscious structure). People work perfectly. No one is broken.
13. All intuitive information is distorted by the belief system, perceptions, and conceptions of the person receiving the information. You can be sure that you perceive what you perceive; you cannot be absolutely sure of what it means.
14. We create our own reality from many different levels simultaneously. Each level provides a complete blueprint. A change in any level changes all levels.
15. All our life events have a great purpose and a sacred meaning. The superficial meaning of an event may be completely different from the deeper meanings. No human has the capacity to evaluate impeccably the deeper meanings.
16. We are all connected in a very real and fundamental way.
17. We are born ignorant on purpose.

Energetic NLP Presuppositions (3)

18. The seemingly negative situations in our lives have been co-created by some part of our selves in order to teach ourselves.
19. Mind, spirit, and body are one system.
20. We are spirits who have bodies, both physical and energetic. These work best when aligned. There is a larger self that is "bigger" than the human personality that we are used to thinking of as our self.
21. You cannot get into serious trouble without getting serious.
22. For any deep truth, the opposite idea will probably also be true.
23. Most of your intuitive development is simply learning how to recognize and utilize sensations you have been taught to ignore.
24. All dis-ease starts on an energetic level. You can most likely treat and prevent dis-ease by healing on an energetic, emotional and/or spiritual level.
25. This is a supportive universe that will co-create with us.
26. People communicate through energy, behavior, and language. The most accurate information is energetic, then behavioral, then language.
27. Existence occurs in many levels.
28. The physical world is just as spiritual as the so called spiritual world.
29. From our human perspective, we really don't know what is going on.

One of the fundamental goals of Energetic NLP is to bring the agendas of the various aspects of yourself into a collaborative framework and relationship with one another.

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Amusement
To be able to see your own life (and other people's life) from a very large perspective so they you can out of being overly serious and attached to the events.

Associated
Being fully in the moment (in the present or experience in the past or a fantasy as if it were real). See what you are seeing, hear what you are hearing , feel what you are feeling

Beliefs
What you assume to be true. They have an enormous influence on your life.

Beliefs de jour
"Belief of the day". The concept of" beliefs du jour" is that you are trying to get closer and closer to "the truth", but you don't stop your growth by believing that you can be sure that you have it right. Like the game of horseshoes, you can "win" by being closer to "the truth" without actually being all the way there

Congruency
In NLP: The various "parts" of you (often unconscious) are aligned on goals. In ENLP this is extended to include other aspects of the self being in alignment (e.g. the spirit).

Contexts
People have *different sets of patterns in different situations.* This is a hugely significant and powerful concept.

Deletion
Our minds delete most of the information coming in through our senses. Realizing what you don't notice offers possibilities for enhancing your life

Disassociated

Distortion
Our minds distort what we sense. Information is filtered and twisted by our beliefs and unconscious programming

Energy
Everything is, on its most fundamental level, energy.

Energy Center
Often referred to as chakras. These are places where energy channels converge in, around, above, and below the body.

Energy Field
Like the magnet field around a magnet people and things have energy fields surrounding them. A person's energy field is a changing mixture of their own and other energies. We are constantly interacting with energy fields, and we evolved to work with energy fields.

Energetic NLP

Conscious mind
Here, we use it to mean what is in your conscious awareness. It is centered in your neocortex.

Filters
Beliefs that prejudice how we make sense of the world. You cannot not have filters; however you can be aware of them so that you aren't trapped in them.

Generalization

Grokking

GROUP THOUGHT FORMS
Thought forms that are the product of many people who identify with each other, and see themselves as having a common identity, They have a huge influence on the emotions, decisions, opinions, and actions of the people connected to them. See "Thought Forms".

Human Energy Field
The field of energy in and around a person, it is often called an aura. There are words for human energy in over 92 languages.

Internal conflict (incongruent)
In NLP: A part of you (often unconscious) wants/needs one thing, and another part of you wants/needs the opposite. For example, part of a person might want to be love, and another part might fear that if you are in love, you will be hurt by the other person. In ENLP this is extended to include other aspects of the self being in conflict (e.g. the spirit).

Light up
Other people's energy and words can "light up" your energy, that is activate it. This can help you find resources or blocks.

Limiting Beliefs
Old beliefs that limit the possibilities in your life. They may have been chosen by you at an earlier age (even a very young age); they may have been what you were taught, or they may have been *programmed directly into your energy field.*

Neuro-Linguistic Programming (NLP)
NLP is the study of the structure of subjective experience. NLP is the study of the processes by which people think, consciously and unconsciously and how those processes create our talents, blocks, problems and abilities.

Neuro:
The brain and nervous system

Linguistic:
Our words and nonverbal behaviors reveal our inner processes

Programming:
The unconscious programming that helps or hinders us; and tools to reprogram ourselves if we desire.

Neutrality

Neutrality is not judging something as right or wrong, even if you have a strong opinion or feeling about it. You can have strong feelings about something, and still achieve neutrality by seeing behaviors and events not as not "good or bad" or "right and wrong**", but just as something that exists that you like or do not like. It is moving towards the creation of something new, rather than a struggle against what exists or could exist.**

New Behavior Generator

A type of mental rehearsal
Can be associated or disassociated

Meaning Making Organisms

Human beings are compelled to find meanings for the events in our lives, and why we and other people have behaved, thought, or felt the way they do. Most of these meanings are incorrect or only partially correct. See programming and beliefs.

Models

Ways of thinking about something. Science explicitly operates off of models (theories), though people forget that and think it is "the truth". Models are explored, utilized, and evolved. They are not to be believed.

Patterns

Repeating sequences of behaviors, thoughts, and feelings**. Most of what people do is patterned (programmed) and the we make up reasons for our behaviors, thoughts, and emotions.** People rarely see their own patterns.

Parts

Aspects of the personality that have operate from a particular set of beliefs, emotional states, and programming. "Part of me wants to get married, but part of me wants to free". To be thought of metaphorically, not literally.

Positive intention

The motivation for every human action and feeling is at its deepest levels positive; meaning it is trying to avoid pain and problems or trying to fulfill some basic human need or want. The behaviors themselves may be terrible, but under them there is a basic human need or want.

Presuppositions

Assumptions are beliefs about causality, existence, meaning, desirability and more. Since they are presupposed, we do not recognize them as beliefs, and we get be both enabled by them in some contexts and trapped by them in others. Changing your own or someone else's presuppositions is one of the most powerful ways to achieve personal growth.

Programming

A program is a "sequence of coded instructions". Computers are programmed. Animals are programmed too: they have many behaviors that they do automatically without thinking. Just like computers and animals, people develop automatic response to a stimulus. We then do a series of behaviors and/or feelings automatically *without deciding to do them*. This programming has *an energetic structure in a person's energy field.* When a person is operating from their programming they are not making a decision and have no choice in their responses. This isn't a bad thing, we need to have programming or we would be constantly having to decide everything.. But programming always stays as it is, there is not growth based on your life experiences, it is always from the past. To keep growing and developing

psychologically, emotionally, and spiritually, it is necessary to be able to release old programming.

Resistance

Resistance means being in opposition to something that exists or that could exist. It is different than wanting to change how something is to something you think is better. *It is the struggle against something*, more than the creation of something new.

Soul

People use this word to mean very different things. We use it to describe the lower frequency aspects of the nonphysical self. The soul is very connected with life events and wants a narrow range of outcomes.

Spirit

People use this word to mean very different things. We use it to describe the higher frequency aspects of the nonphysical self. It cares about a person's life, but it has a much bigger perspective and is open to a much broader range of possible outcomes of the events in a person's life.

Thought form

Since energy is affected by thought, thoughts can create energetic formations. These can take the form of images, and may look like a person, angel, demon, insect, animal, or anything else. Thought forms operate as programs in a person's energy field. They can limit a person's free choice, strongly affect decisions and behaviors, and limit a person's ability to find their own wisdom and spirit. Sometimes they are helpful (at least for a while). See "Group thought forms".

Unconscious mind

Here we are using it to designate any mental process that is not in your conscious awareness (at that moment). It encompasses what is usually called the subconscious and unconscious.

Whole being

Your spirit, your vaster self, your soul, your conscious mind, your unconscious mind, and your body.

Whole being permission

Whole being permission is a function of alignment between the various aspects of yourself plus the limitations created by karma, spiritual contracts, thought forms, past life influences, other existences, future lives, parallel improbable lives, and more.