



VIDEO #1 - CAREFREE

Read This First!

You can take control of your own state of mind... you're the only one who can. But it doesn't come naturally because, as a result of the way in which the human brain evolved, we're "wired" for stress and survival... and not much else. So, you've got to take a couple of deliberate steps - yes, just a couple and, believe it or not, they are simple almost "baby steps". This is where your training begins in this video... let the journey begin.

Remember

I've put this video training together in a logical sequence - otherwise some of what you learn later on won't make obvious sense - so I suggest that you watch the videos (and do the exercises) in the order in which they're presented.

The Difference

This video series is going to explain to you how to live a carefree, happy and successful life. That means there'll be no more stress, that you'll be able to set your mind to achieve your objectives and that those objectives will be achieved with the minimum of fuss and effort.

This may sound too good to be true but, essentially, we're simply talking about the difference between being mindful - in other words be present and focused - and mindless which is, unfortunately the normal state of the normal mind when it operates on what psychology calls The Autopilot. When we are mindless our lives are inevitably filled with less than perfect moments. When we are mindful we experience what the University of Chicago calls Flow - a flow of perfect moments... this is the difference.

Understanding Stress

Now before we go any further, there's something critical that you need to know. Your brain is designed to think in a programmed way - we were all learned our programming when we were very young - things were done to you or for you that made and left an impression. Now, as an adult, you struggle through each day using these preprogrammed patterned thoughts. With this in mind, you'll begin to understand how stress and worry work and how carefree is simply not on the ordinary mind's menu at all! Let's deal with the whole stress thing right now.

You perceive your world using a process known as cognitive appraisal - this process enables you take "raw data" (what you see, feel, hear, smell and taste) and "make sense" of it using your preprogrammed patterned thought processes. And, like everything else you perceive, stress is "created" by how you see things using cognitive appraisal.

In short, stress is triggered by what you think about what is going on and whether or not you think you can handle it... stress is the result of what is going on inside your head rather than what's going on on the outside! In other words, you stress yourself! And what that means is that, until you change how you cognitively appraise what's going on, you are your own worst enemy or, actually, your thoughts are.

Now, don't get me wrong - whilst stress is imaginary, the effects it has on the body are not just real, they are, according to the World Health Organisation, slowly killing you. When you trigger stress through the process of cognitive appraisal, the brain releases cortisol into your system. The chemical chain reaction this creates: suppresses the digestive system (that's how people used to suffer from an ulcer!); suppresses the immune system (that's how people often get sick when they go on holidays – when the adrenaline stops pumping!); and it does terrible things to your heart and cardiovascular system: increases production of bad cholesterol, increases the heart rate, increases your blood pressure.

And you do all this yourself! As I said, it all boils down to how you see things.

Changing How You See Things

In this video series, you're going to learn to change how you see things - so you see everything (including yourself) free of the preprogrammed patterned thought that has, up to now, enabled you simply make it through the day, one day to the next.

As I said in the introduction above (the paragraph headed Read This First!), we all need to take just a couple of “baby steps” to change everything - in this case a couple actually means just two (it's what I call The Two-Piece Jigsaw - we'll put the two pieces together in Video #3). The first step is taking control of how you see things in the here and now. Once you do this everything changes - Warren talks about his “mental exercising” in this video, you're going to start your “mental training” in Video #2.

Is This Too Good to be True?

In our video, Warren has mentioned mindfulness... and, very often, the first reaction I get to that word is “sure that's a load of nonsense”! However, all mindfulness is (for starters anyway) is the exact opposite of mindlessness... or how the preprogrammed patterned thinking mind automatically operates!

You may feel that you're stuck in your life or, at least, you're stuck in a rut and that there's no way on earth that two “baby steps” are going to unstuck you! Well, I mentioned evolution right up top - that the brain evolved to enable you survive. A key part of that “wiring” ensures that you don't take chances, that you resist change. So, in effect, you're wired to be stuck. What Warren does actually re-wires the brain – we're going to cover that in Video #2.

And one of the most common reactions I come across is that, when I meet them for the first time, my clients tell me “I keep trying to change my life... and I keep trying!” That's simply because almost everybody (Harvard says 96%) don't know how to control their state of mind, how they “see things”. And, even worse, they don't know how to properly “set their minds” (the second piece of The Two-Piece Jigsaw!) to achieve their goals and objectives. We're going to explore how you can do that in Video #3.

And, as we explore the science - and as you meet some of my clients who have transformed their lives as a result of taking these two “baby steps”, you're going to realise and experience that this proposition is the exact opposite of being too good to be true.

Finally for Now... A Little About Me!

I've been helping people change their lives since 1996 - that's when I set up my own business - to do just this - in Dublin (where I was born and bred). Before that, I was an accountant and tax consultant (I practiced tax with two of the "Big 4" - KPMG and PwC); I was marketing manager for a couple of life insurance companies in Dublin (Prudential and Aviva) and I was General Manager at ACCBank where I had the job of turning the bank into a sellable proposition... more of this in Video #2.

I studied psychology and qualified with The Open University in the UK and I'm a member of the British Psychological Society. In other words, between 1992 and 1996 I literally transformed my professional life - and what a difference that made to my personal life, health, wellbeing and work-life balance.

We took that a step (or leap) forward in 2002 when we moved to somewhere wonderful... the French Alps. Every morning, when I look out my kitchen window, I'm looking straight up at Mont Blanc... and, as the French say, la vie est belle!

We might discuss that more as the video training series progresses!