



VIDEO #3 - MOMENTS

What Do You Know So Far?

In our last video, you learned one of the two key things you must do to transform your life... I hope you've started doing your mental exercises! These mental exercises alter how you perceive moment-to-moment. The latest in neuroscience confirms that doing an exercise such as the one you downloaded every morning - or, let's be realistic, most mornings! - for eight weeks will restructure your brain's key components: the subcortical components that enable you perceive, act and choose.

As a result, moment-to-moment, you can properly perceive what's going on and act accordingly - this is a million miles away from how the normal mind reacts to what it thinks is going on. This is mindfulness, the polar opposite of normal, everyday, preprogrammed, patterned mindlessness.

Properly perceiving everything, including yourself, changes everything.

The Key Transformation

Not only does developing your ability to perceive the moment *without* filtering the reality of the moment through your preprogrammed patterned repetitive thought change your perception of the here and now, it alters your perspective on the goals and objectives you would like to achieve.

These two alterations in perspective are the two pieces of The Two-Piece Jigsaw in plain and practical action. Together, they are transformative.

“Normal” Goals Versus Goals that are Informed by Your Clarity of Mind

To explore your perspective on what you would like to achieve - in your work, career, job, business, relationships, financial security, health, wellness, etc., etc., etc. - let's consider how your normal (mindless automated perspective) “enables” you figure out your goals.

On the one hand, I am forever asking clients “what do you really want?” and, on the other hand, telling them “normal thinking cannot figure this out!” An example will explain this best:

I asked John what he really wanted. He answered “my goal in life is to be made National Sales Director for an Insurance Company”. He worked in an insurance company, his friends worked in insurance companies and the logical normal progression for him, as far as normal thinking is concerned, would be to make it to the top in an insurance company. This is a classic example of our preprogrammed patterned thoughts producing programmed ideas of success that adhere to the norms of how normal people see success.

I explained to John that, perhaps, his goal was too narrow - what if there were so much greater things that he could achieve. But he insisted and “set his mind” (see below) to his chosen outcome and, in due time, he ‘phoned me to tell me of his elevation to the desired position.

He also ‘phone me six months later to say “I climbed to the top of the hill and, not only do I not like the view, I think I wasted seven or eight years of my life climbing the wrong hill!” How could his normal way of thinking ever figure out what he really, really wanted? A clear and present mind knows different.

So, What’s Your Dream?

That’s what I asked you to think about at the end of our last video. Because, now that you’ve learned how to become stress-free and carefree, you’re about to discover something else... your carefree mind actually knows exactly what you want (out of today, tomorrow’s interview or meeting, the upcoming weekend, your job, your relationships, your life) - but, burdened by your preprogrammed patterned repetitive thought, you’ve been unable to hear because you haven’t been listening. Listening to what? Your own “gut instinct”.

OK, I don’t like the word dream – because too many people dream only to crash back to earth... thinking that what they’re dreaming about is probably unrealistic or, even if it’s realistic, they don’t deserve it or it couldn’t happen to them.

Setting Your Mind

The key message in today’s video, is that achieving everything you want has nothing to do with dreaming, wishing, hoping or even wanting... and, as modern neuroscience confirms, it hasn’t even got anything to do with planning.

To achieve whatever you want - what you really, really want - you need to “set your mind” so that it imagines that it has already been achieved. You learned your preprogrammed beliefs about yourself - we’ve already talked about, for example, self-limiting beliefs or thoughts - by taking psychological snapshots. If you handwrite what you want as if you already have it, the amount of attention handwriting requires demands an unusual amount of your attention. As a result, you provide yourself with a psychological snapshot of your own choosing.

Neuroscience confirms (again and again) that, when you handwrite what you see, feel, hear, smell and taste in your “Perfect Moment”, key neural components are activated in the same manner as if you were really experiencing what you are writing about. This leaves the desired impression on the subconscious mind. Just as importantly, it liberates the evolutionary constraints within the subcortical brain that normally stop us going beyond our comfort zone - we can start doing what we need to do to get to where we want to really go.

Note the last sentence. I am not saying that writing what you want as if you already have it brings it about. I am saying that handwriting both focuses the mind *and* enables you do the right things to move you in your desired direction. Action is always required. However, as neuroscience also confirms, action becomes effortless when we know exactly why we must take that action - this “knowing” us provided by the aforementioned psychological snapshot.

Life is Lived in Moments

It's a scientific fact that the subconscious mind does not perceive the so-called "Arrow of Time" - the subconscious only perceives the present moment. Normally, as you already know, that perception is clouded by the past, which the subconscious takes to be the present. When you're in this normal state of mindlessness, various studies in cognitive psychology and neuroscience suggest that you are as little as 1% present!

However, when you develop your ability to be present, you better perceive the present moment. When you know why you are here - what you want "out of" now (your goals and objectives) - you are present intentionally.

And, whereas, as a result of our preprogrammed patterned thought, our lives are perceived as, all too often, less than perfect moments, when you're "in the zone" - or as cognitive psychology calls it "Flow" - you start creating perfect moments. If this sounds strange, bear in mind that, in Video#1 we explained how we create our version of reality anyway, through the process of cognitive appraisal.

This brings me back to my earlier questions - "what's your dream?" or "what kind of life do you really, really want?" Because, when you set your mind in the fashion described above, your mind sets about creating these perfect moments by ensuring that you do the right things, moment-to-moment, to get you there.

A Couple of Points

During the course of this training series, a number of people have told me that what we're covering is not for them: they've tried to change and nothing changes. But you now know that that's because the human brain is hardwired to resist change – coming to your senses rewires your brain.

Others have wondered why they have not heard any of this before? But the point is that they have, you have – all this information is out there but, often, only in bits or not in the right order... or maybe you just came across it at the wrong time in your life. What we're covering in this training draws together scientific knowledge from diverse strands of both psychology and neuroscience. To fully understand the potential impact of all these various different strands of knowledge, they need to be put in the right order - that's what I'm attempting to do with this training.

It has also been suggested to me that I am saying "sh*t won't happen in my life" ever again! Now, obviously, that is utterly silly. However, mastering your own state of mind enables you deal with whatever challenges life throws at you so that you overcome them and move on. Even the imperfect moments are transformed!

Which brings me back to perfect moments. You now know that I'm not talking about what you think want (because we normally use normal thinking to get to the point where we think we know what we want) this is what's best for you, and normal thinking is not going to figure this out! Freeing your mind of your own repetitive thoughts enables you begin to understand what we really want - your "gut instinct" can, quite literally tell you. A little while back a client asked me if his gut instinct could shout a little louder! In response, I explained that it was shouting at the top of its lungs but he couldn't hear it as a result of the noise in his own head!

And Finally...

You now have the two pieces of The Two-Piece Jigsaw:

- Train your mind by regularly practicing mental exercises like the two you have now downloaded - these restructure your brain and still your noisy thoughts.
- Set your mind by imagining and handwriting what it is like to experience the perfect moments that you really want.

That is it in a nutshell. However, in this video, with Session#3, I have mentioned The Psychology of Success Online Program. In the past, when I have previously opened this Program, some of those working through the free video training sessions that you're working through at present decide they want to delve into things in greater depth - that is something for which they pay... obviously. Most don't. But many move ever forward by sticking with my weekly free videos, tips and articles that I've been sending out, all over the world, since 2008. So, you have choices and those will be explained in greater detail in our next video.

And Finally, Finally...

Our next session goes deeper into the whole idea of what I call Perfect Moments - in it you will meet some of my clients who, through their own experiences, can explain how it works better than I can.