



REAL ESTATE
MILLIONAIRE
— *Within* —

A program designed to get you in the
right mindset for a massive transformation
of your investment results.

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ULTIMATE
REAL ESTATE SUCCESS
COACHING PROGRAM


Knowledge
Source

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— *Within* —

DAY 1: Friday 17th July 2020

6:00pm – 7:30pm	1. Decisions and Beliefs
7:30pm – 7:45pm	Break and Networking
7:45pm – 9:30pm	2. RAS & Neuropeptides

Day 2: Saturday 18th July 2020

9:00am – 10:30am	3. Energy and Flow
10:30am – 10:45am	Break
10:45am – 12:30pm	4. Stop Self Sabotage
12:30pm – 1:15pm	Lunch Break
1:15pm – 3:30pm	5. Holistic Health & Q&A
3:30pm – 3:45pm	Break and Networking
3:45pm – 5:30pm	6. Finding Peace & Contentment
5:30pm – 6:00pm	Closing Meditation

Day 3: Sunday 19th July 2020

9:00am – 10:30am	7. The Science of us
10:30am – 10:45am	Break
10:45am – 12:30pm	8. Mindset in Practice
12:30pm – 1:15pm	Lunch Break
1:15pm – 3:30pm	9. Balance in Practice
3:30pm – 4:00pm	10. An Opportunity to Step UP
4:00pm – 5:30pm	11. The Magic of Solitude & Ritual

1. DECISIONS AND BELIEFS

Dymphna Boholt



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A program designed by one of Australia's premiere real estate success coaches to get you in the right mindset for a massive transformation of your investment results.





This weekend is about PEAK PERFORMANCE?

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Which area of Peak Performance needs work?

Health	Financial	Relationships	Career
			
			

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What is the most important factor for Peak Performance?



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How do you see 2020 turning out for YOU?

2020

Because what ever you see is what will happen!

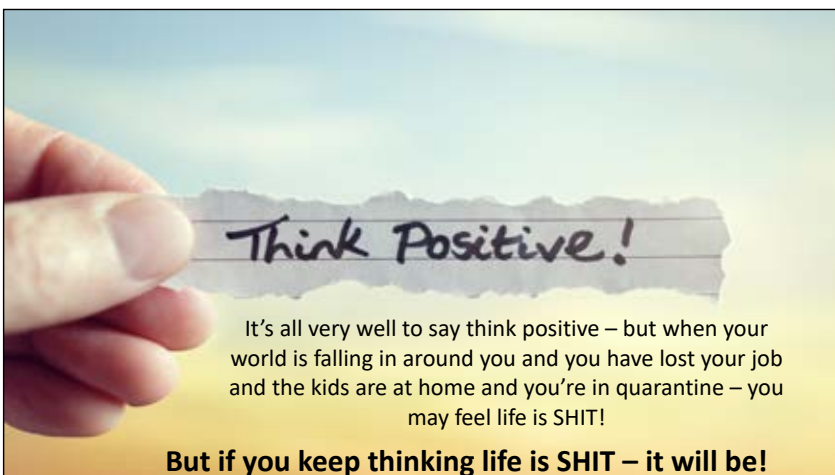
Do you see it like this?

2020
THE WORST
YEAR EVER?

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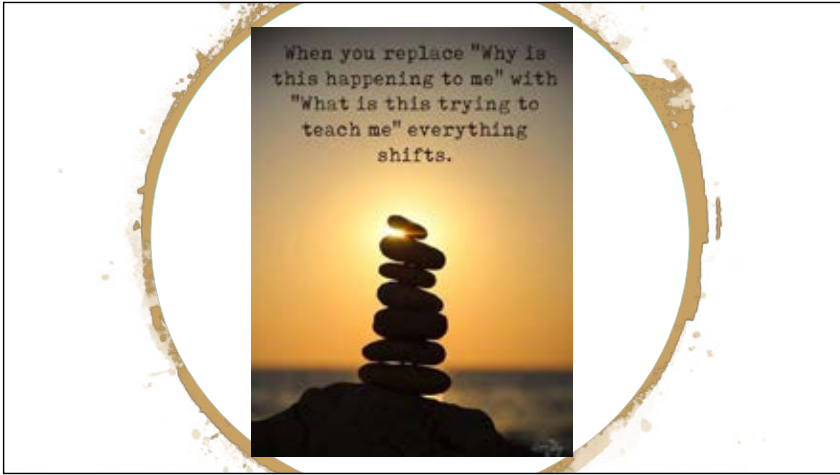




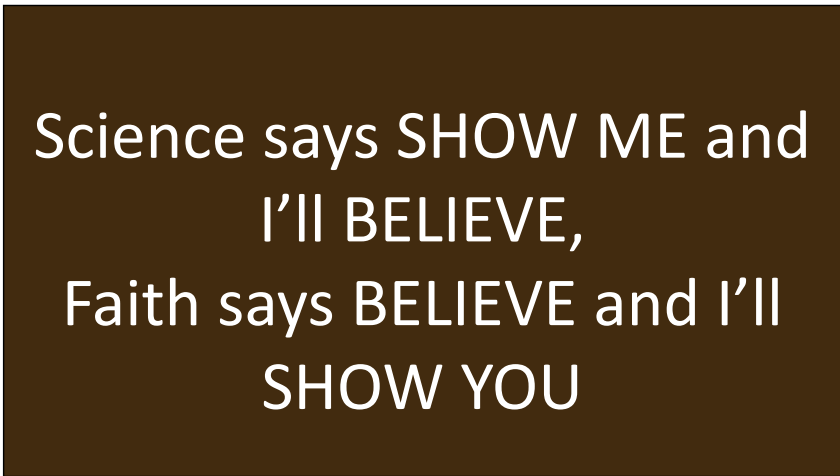
It's all very well to say think positive – but when your world is falling in around you and you have lost your job and the kids are at home and you're in quarantine – you may feel life is SHIT!

But if you keep thinking life is SHIT – it will be!

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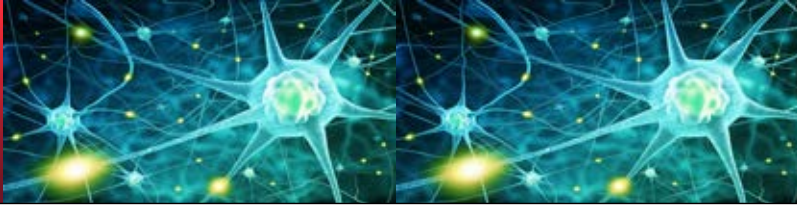


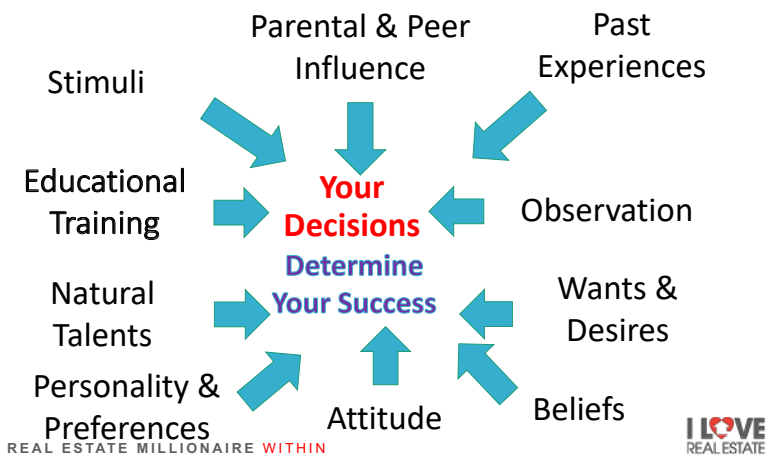
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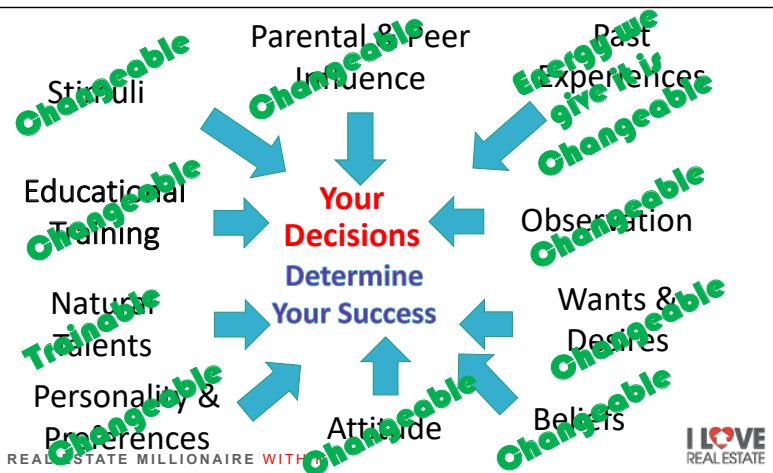
So, Let's start by creating AWARENESS around how and why things work the way they do and how we can influence future RESULTS?

By learning how to directly and consciously influence

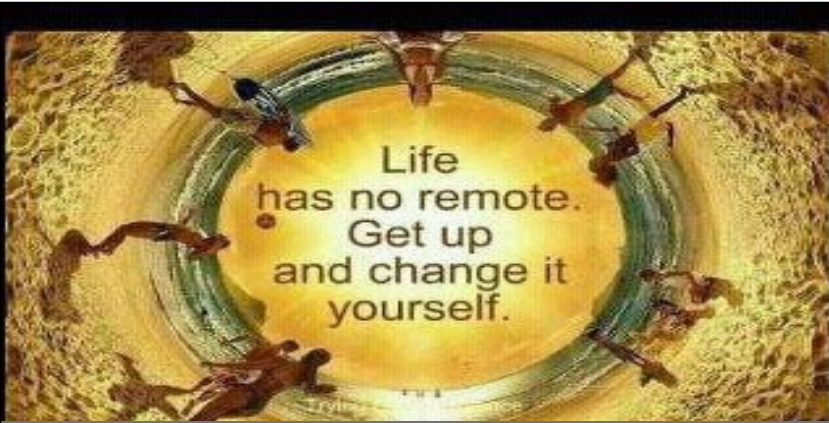
- Your Decisions
- Your Reticular Activating System
- Your Neuropeptides
- Your Energy Frequency







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What can you do to start changing your channel?

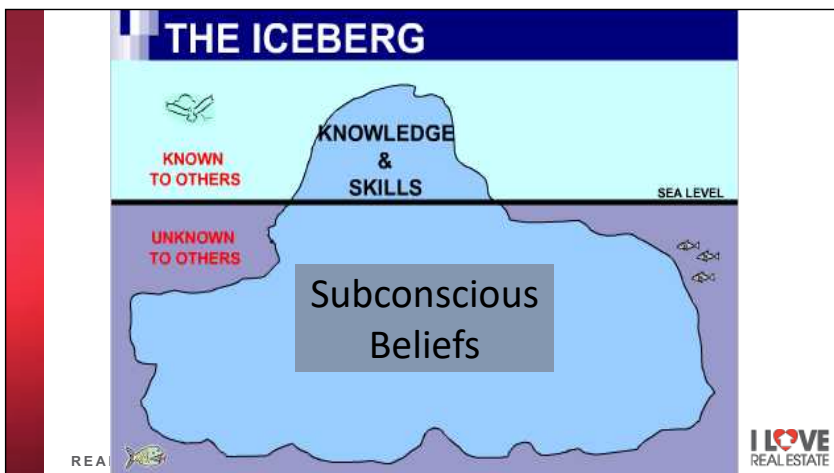
Understanding our decisions helps us to influence our outcomes

Q. HOW IS A DECISION MADE?

Is it a **CONSCIOUS** or **UNCONSCIOUS** decision?

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Conscious

Preconscious

Unconscious

EGO

SUPEREGO

ID

Sigmund **Freud** and his followers developed an account of the **unconscious** mind.

Freud divided the mind into the conscious **mind (or the ego)** and the **unconscious** mind.

The latter was then further divided into the **id (or instincts and drive)** and the **superego (or conscience)**.

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Taming the Subconscious Tiger

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Philosophy

Psychology

Physiology

History

Basis of Actions

- Philosophy
- Psychology
- History
- Physiology

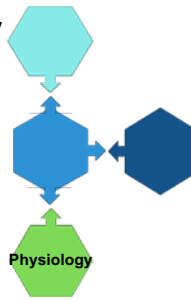
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Physiology

- Your natural talents – Physically and Cognitively
- Brain wiring is determined by your genes and your childhood experiences
- This wiring has a massive impact on your performance and your ultimate happiness

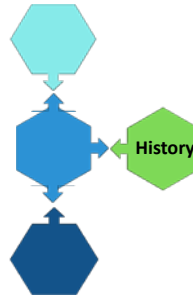


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History

- Trial and error from experience
- Cause and effect testing
- Can be positive or negative – we run on automatic and repeat old behavior because it has worked for us in the past
- Awareness is the key to change and re-programming



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Psychology

- Total sum of your experiences
- More importantly - How you have interpreted or perceive these experiences and how it affects you in your every day life
- Can be positive or negative – we run on automatic and repeat old behavior
- Awareness is the key to change and re-programming



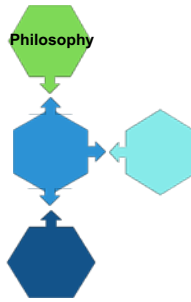
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Philosophy

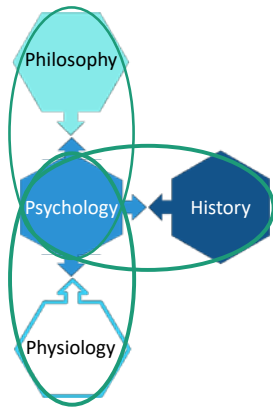
- This is about your beliefs
- Your beliefs about the World, the Universe, your faith and how you fit into it and your place in the bigger picture
- If your view of the world and your place is not congruent with reality then your results will be second rate – thus causing more evidence of non-congruence



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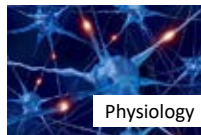
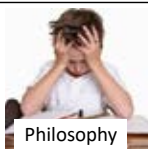
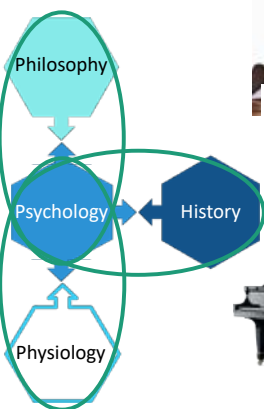
Basis of Actions



- Philosophy
- Psychology
- History
- Physiology

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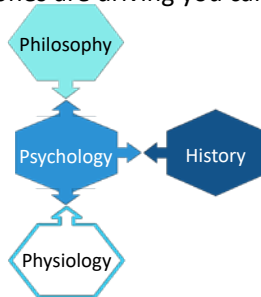
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So how do you use this to increase your success rate?

- You need to find out which one or ones are driving you car

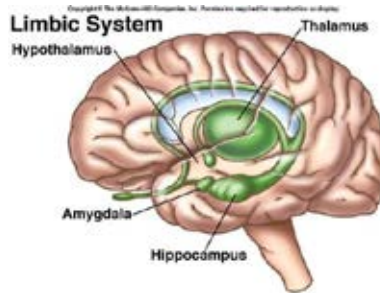


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Let's first start with a little Science lesson Limbic System

- The Limbic System is associated with emotion and motivation.
- It is the oldest part of our brain evolution
- The amygdala attaches emotional significance to sensory input.**
- The Limbic System has a direct influence on neuroendocrine, autonomic, and behaviour mechanisms and fight or flight.



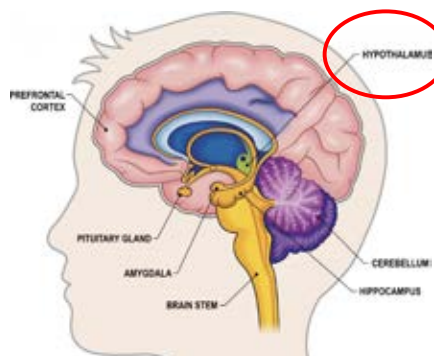
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Components of the Limbic System

Hippocampus

- The Hippocampus is in charge of transferring information into memory.



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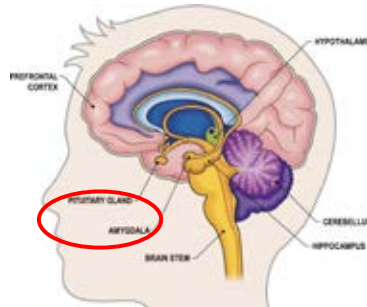
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Components of the Limbic System

Amygdala

- The amygdala **coordinates the actions** of the autonomic and endocrine systems and is **involved in emotions**. It is part of a general-purpose defense response control network.
- After surgical removal of the the amygdala, growls, screams, angry voices, etc., loose their meaning and become incomprehensible.
- David Givens – Center for Nonverbal Studies – 2005



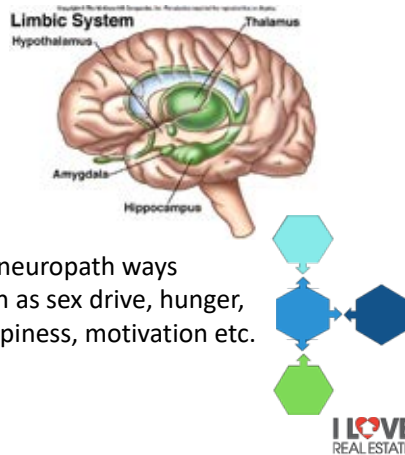
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Physiology

The Limbic System

- Governs your emotions
- Emotions govern your chemical responses in your brain and the opening or closing of your neuropath ways
- It controls your drivers such as sex drive, hunger, addictions, anger, fear, happiness, motivation etc. and ultimately SUCCESS



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Limbic System - Instinct

Passion



Happiness

Learning

Motivation

Automatic actions



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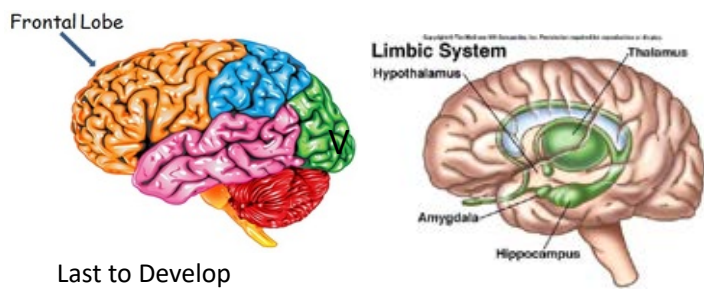
The Problem

- Limbic system evolved over millions of year
- Limbic system is **primitive**
- Limbic system still controls much of our behavior and therefore our results and how we feel about those results
- This can be positive or negative

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Logic fighting with Instinct Congruent



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How do we have congruency between our limbic system and our frontal lobe or logic system?

Answer - Connect Logic to Emotion

Set goals logically – connect to them emotionally

The more you do this the more you re-wire the connections / neuro-pathways in your brain – this in turn affects your thoughts, your behavior, your reactions, your motivations, your actions, your results and ultimately your SUCCESS



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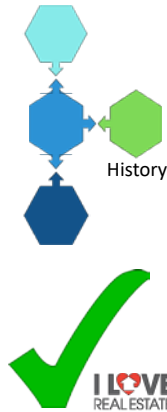


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Over-coming History

The best way to over-coming unwanted historical influences is to first;

- **Recognise or become aware** of the recurring pattern of behavior
- Re-wire the connectivity using emotion
- Working with a professional to clear these circuitry blockages

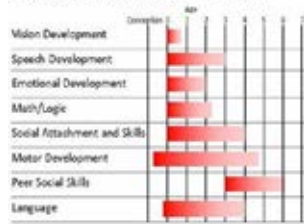


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Parents have a HUGE responsibility

- The most influential perceptual programming of the subconscious mind occurs from birth through age six.
- During that time, the child's brain is recording all sensory experiences as well as learning complex motor programs for speech, crawling, standing, and advanced activities like running and jumping.
- Simultaneously, the child's sensory systems are fully engaged, downloading massive amounts of information about the world and how it works.

Stages of Brain Development in an Infant

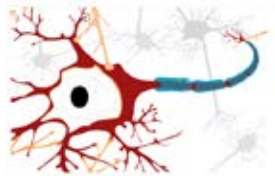


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Parents have a HUGE responsibility

- By observing the behavioral patterns of people in their immediate environment—primarily parents, siblings, and relatives—children learn to distinguish acceptable and unacceptable social behaviors.
- **It's important to realize that perceptions acquired before the age of six or seven become the fundamental subconscious programs that shape the character of an individual's life.**
- **Basically your six year old you is driving your car!**



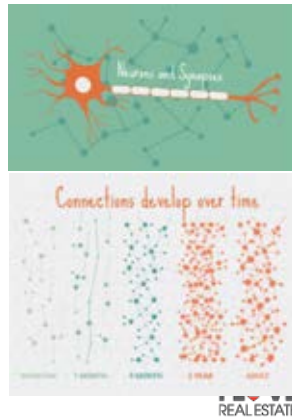
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FUN FACT

The Brain Development

- The brain grows to about 80% of adult size by **age 3**
- and **90%** – nearly full grown – by **age 5**.
- A newborn baby has all of the **brain**cells (neurons) they'll have for the rest of their life, but it's the connections between these cells that really make the **brain**work.



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FUN FACT

Use it – Stimulate it - or Lose it



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Where do these subconscious thoughts and patterns come from?

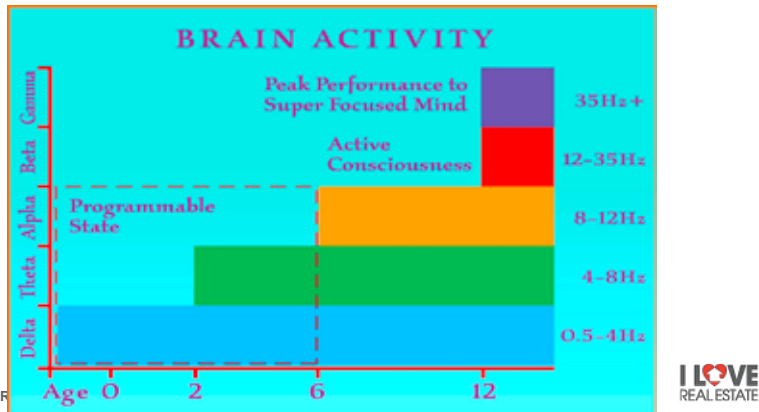
- Most of our subconscious programming comes from the first seven years of our life.
- From the last trimester of pregnancy to age seven, we exist mostly in Theta brain wave space (a.k.a. hypnosis), which is the most receptive space for our subconscious mind.
- We are essentially sponges.



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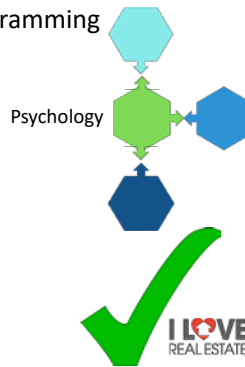
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Brain Wave Frequency



Psychology – How you interpret the sum of your experiences to date

- Awareness is the key to change and re-programming
- Your Limbic system doesn't speak words
IT TALKS FEELINGS
- So you have to learn to speak FEELINGS



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What Unconscious Programmes are you running?

The best way to identify what subconscious programs you're running is simply to look at your life, it is made up of 'the program' 95% of the time.

Your life is a printout of the program. The things you have in your life that you love are because you have a program that allows you to accept those things into your life.

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What Unconscious Programmes are you running?

Anything you work hard at, struggle over, have to put a lot of effort into and is difficult, is because your programs don't support that in your life.

Your conscious mind is reaching for it, but something in your program is holding it at back. The effort and struggle you feel is in trying to override a program. You're working hard because you want it, but the undercurrent of belief says, "It's not going to happen."

Example

- I want to be rich
- I don't deserve to be rich
- Having money makes you mean
- If I am rich I am taking away from someone else
- Money is the root of all evil
- It is easier for a camel to fit through the eye of a needle than it is for a rich man to enter heaven



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Even the word Rich has Negative Cogitations!



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Why does Wealthy have a better image?



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The Ham Bone in a Pot

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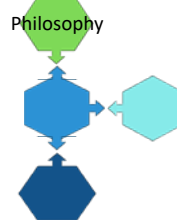
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Philosophy – Your beliefs – Your Perception

- How you perceive the world, external stimuli and what happens in your life – determines your experience, your results and the reaction you get back from others and ultimately your LIFE.



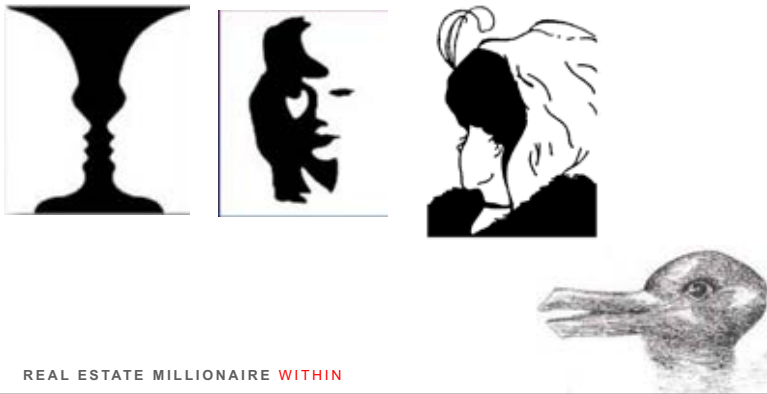
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It is really confusing!!!

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Little exercise in Perception – what do you see?



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Which is your dominant Brain?

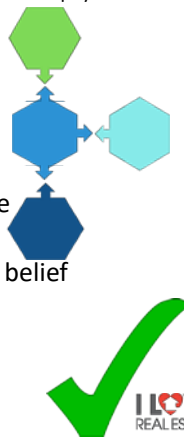
Left brain expression (Academic)	Right brain expression (Creative)
detail oriented (Looks at parts)	"big picture" oriented (Looks at wholes)
Logical	Random
Sequential	Intuitive
Rational	Holistic
math and science can comprehend	philosophy & spiritualism can "get it" (the meaning)
Analytical	Synthesizing
Objective	Subjective
uses logic	uses feeling
facts rule	imagination rules
words and language present and past	symbols and images present and future
knowing	believes
acknowledges	appreciates
knows object name	knows object function
reality based	fantasy based
forms strategies	presents possibilities
order/pattern perception	spatial perception
practical/planned	impetuous/spontaneous
safe	adventurous
cautious	carefree/risk taking

Illustration by: VaXzine
Writer and slide design by: Dr. C. Daniels 2004

Philosophy – Your beliefs

- Beliefs are formed by the sum total of the other three
- Thoughtful data sampling and continuing education change beliefs over time
- Emotional connectivity and coaching redirect belief blockages rapidly

Philosophy



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2. RAS & NEUROPEPTIDES


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How do you influence your future?

By learning to direct

- Your Decisions
- Your Reticular Activating System
- Your Neuropeptides
- Your Energy Frequency



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**Learn how to influence
your Subconscious
through your
Reticular Activating
System
(RAS)**

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How your RAS is the Control Centre for your personal Law of Attraction

THE SCIENCE BEHIND THE LAW OF ATTRACTION

By TRISTAN LOO

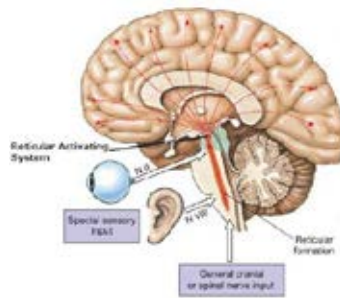
The Law of Attraction states that we attract into our lives anything that we give attention to, regards of whether it is positive or negative.

From a psychological view, the Law of Attraction can best be explained by the information filtering system known as the reticular activating system (RAS).

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At the base of the human brain stem, in between the medulla oblongata and the mesencephalon, there is a small finger-sized control center called the reticular activating system (RAS) that sorts and evaluates incoming data.



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Your RAS is responsible for filtering all the incoming information that your brain receives and it also acts as receiver for information that is tagged as important.

A simple way to conceptualize the RAS is to think of it like a radio. You are surrounded by radio waves from various stations and your portable radio can pick up those channels, but only one at a time.

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You have to tune your radio to a specific frequency of your favorite radio station in order to receive it properly. Your RAS is not much different in this regard.

Imagine you are in a meeting room talking to several people and out in the distant corner of the room you hear your name.

All your focus gets diverted in the direction that you heard your name because that bit of information is tagged by the RAS as important to you.

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Your RAS is responsible for having the ability to sleep through the noise of traffic outside your room, but waking up suddenly at the smallest cry from your infant child.

Another example of the RAS at work is when you go and buy a brand new car and then suddenly you notice many more people around your city have that exact same car.

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According to Hans Morvec, the principal research scientist at the Robotics Institute of Carnegie Mellon University, the human brain can handle up to 100 trillion bits of information at any given time.

With all that information coming in, how does your RAS know what to filter?

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Your RAS is naturally programmed to prioritize information that is necessary for survival, like listening for a the particular sound of an oncoming vehicle when walking close to a street.

The RAS can't distinguish between a real event and a contrived reality, however, and we can exploit this weakness to program it to seek out stimuli in our environment that resonate with our goals.

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The process of creating a vision board is one of the best ways to program the RAS.

It programs the RAS to pay attention to certain things in your environment that are in frequency with your goal or vision, in much the same way as you are able to pick up your name being mentioned in a conversation on the other side of a room while talking to others.

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- This selective attention filter makes you aware of daily things that can help you achieve your goal and it's your job to take action on those opportunities when they present themselves
- **Pictures evoke emotion, emotion activates the Limbic System and the RAS System**
- **This is why setting Goals and Intention is SOOOOO important and why VISION BOARDS aids in this process!**



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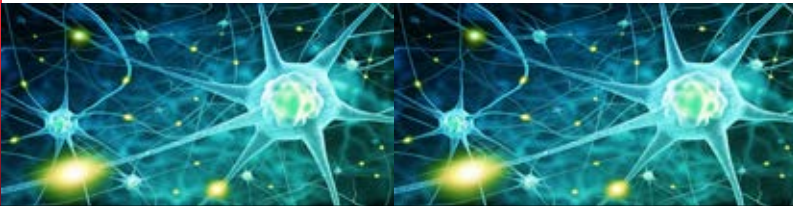
This process has also been popularly referred to as the **LAW OF ATTRACTION.**



How do you influence your future?

By learning to direct

- Your Decisions
- Your Reticular Activating System
- Your Neuropeptides
- Your Energy Frequency



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Learn how to influence
your Subconscious
through your
Neuropeptides

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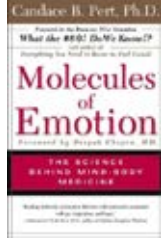
The Amazing Dr Candice Pert

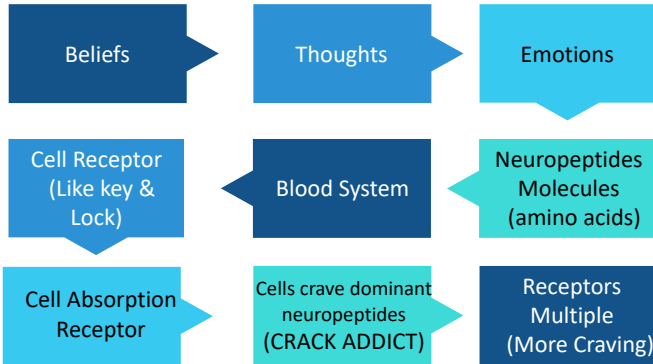
In the early 1990's, Dr. Candice Pert made an amazing discovery that tells you exactly why we create what we think about.

While Dr. Pert was the chief molecular biologist for the National Institutes of Health she discovered that your thoughts are real, physical things and create your reality.

Your thoughts actually create a physical response in your body

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The brain goes about creating situations to elicit the same emotion.

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- Your thoughts become molecules the instant you think them.

BUT – How do these molecules interact with your body?

- When in your bloodstream, these neuropeptides, into which your thought transformed, actually insert themselves into your cells.
- Each neuropeptide interlocks with a special receptacle on your cell's membrane - just like a key fitting into a lock.
- Then that amino acid is absorbed by your cell.

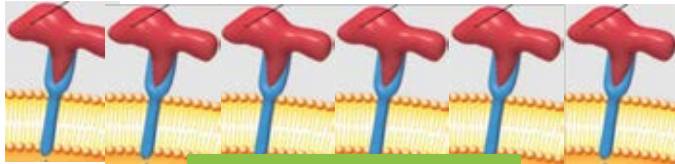


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- Your cells begin to crave the neuropeptides to which they are most exposed (and have built all the receptacles for) and they "tell" your hypothalamus to produce them.
- In fact, Dr. Pert found your cells love neuropeptides so much that they cover their membranes with nothing but receptacles for them. Actually shutting down other vital functions, your cells become nothing but vessels for these neuropeptides.

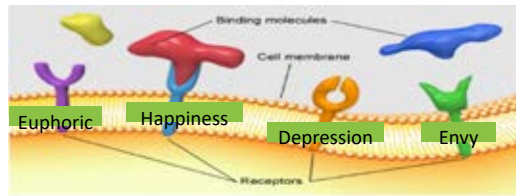


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Give me more HAPPY

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- But what if your dominate emotion has been Depression or Anger or Hopelessness or Envy



Give me more Situations to feel Sad & Depressed

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- They become like a **CRACK ADDICT**, who abandons family, jobs, friends, and personal wellbeing as she chases the drug.

Addiction to point of SELF SABOURAGE!

- The only way, however, that your hypothalamus can produce the neuropeptides craved by your cells is for your brain to experience the emotions which will create them.
- And the only way your brain can experience the emotions necessary to create those neuropeptides is for it to create a reality which will elicit those emotions

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Your cells are calling the shots, forcing your brain to see and experience a world which will produce what ever you have programmed it for.
All to feed their physical addiction for certain neuropeptides!

Hence the LAW OF ATTRACTION

Example of cellular change

Love

Wisdom

Dr Masaru Emoto

You are nauseating & disgusting

The Hidden Messages in Water

Devil

REA

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Tools to programme your RAS & chemically influencing your Neuropeptides

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Tools to programme your RAS & chemically influencing your Neuropeptides



Segment Intending

• segment

- 'segm(ə)nt/
- *Noun* - each of the parts into which something is or may be divided.

• intention

- in'tenʃ(ə)n/
- *Noun* – purpose or attitude toward the effect of one's actions or conduct

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Tools to Programme your RAS & Neuropeptides cont'

Stating clear goals

S.M.A.R.T.

- **Specific** (Goals must be clear and unambiguous)
- **Measurable** (Results must be able to be measured in some way) each week, or the percent completion)
- **Attainable** (Goals must be realistic and attainable)
- **Relevant** (Goals must relate to your vision and mission – must congruent)
- **Time-bound** (Goals must have definite starting and ending points, and a fixed duration)

C.L.E.A.R.

- **Collaborative** (Goals should encourage your family & peers support)
- **Limited** (Goals should be limited in both scope and duration)
- **Emotional** (Goals should make an emotional connection, tapping into energy and passion)
- **Appreciable** (Goals should be broken down into smaller goals so they can be accomplished more quickly)
- **Refinable** (Set goals with a headstrong and steadfast objective, but, give yourself permission to refine / modify)

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Tools to Programme your RAS & Neuropeptides cont'

Visualisation

- Guided Visualisations
- Meditation
- Emotional Connectivity
- Vision Boards
- Data Sampling
- Day Dreaming – a lost art



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Australian Institute of Sport

HARD AND "SOFT" TECHNOLOGIES IN SPORT
A PRELIMINARY RESEARCH PROJECT IN BEHAVIOUR MODIFICATION

AIS senior sports psychologist Renee Appaneal convinced Roberts to embrace "healing imagery" – which uses visualisation to help the body with the healing process.

Appaneal said medical evidence suggested healing imagery works - athletes that used it recovering faster than those that don't.



Kelsey-Lee Roberts
Olympic Javelin
thrower

The Canberra Times



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Visualisation

Famous athletes and celebrities who admit to practicing visualization include

- Michael Jordan
- Tiger Woods
- Arnold Schwarzenegger
- Cynthia Stafford
- Oprah Winfrey
- Natalie Cook
- Ato Bolden



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Visualisation

A well-known study on Creative Visualization in sports involved Russian scientists and coaches.

Prior to the 1980 Olympics, they compared four groups of Olympic athletes in terms of their training schedules:

- Group 1 - 100% physical training;
- Group 2 - 75% physical training with 25% mental training;
- Group 3 - 50% physical training with 50% mental training;
- Group 4 - 25% physical training with 75% mental training.

Group 4, with 75% of their time devoted to mental training, performed the best.

Group performance level fell right in order - as mental training increased, performance increased. The Soviets had discovered that mental images can act as a prelude to muscular impulses



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Tools to Programme your RAS & Neuropetides cont'

- Make a conscious decision for change
- Be aware and monitor your thoughts and words
- Monitor your stimuli – the attitudes, words and thoughts of those around you
- Create a reset trigger – eg. mini energy boosts, conscious cancel delete buttons
- Physical remove yourself from unwanted stimuli
- Physical place yourself in wanted stimuli
- Expose yourself to success, read success stories, maintain continued personal growth

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Tools to Programme your RAS & Neuropetides cont'

Protect Your Thought Bank Account

- **Thoughts are the most valuable commodity that you own.**
- **Thoughts are what make you unique AND valuable.**
- **One special thought or idea has the potential for creating unlimited wealth and success.**
- **Don't let those thoughts slip away and be wasted. Start collecting them TODAY.**

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Tools to Programme your RAS & Neuropetides cont'

Capturing thoughts reduces stress

- Your brain is a biological computer.
- It stores all your programs and files
- If you have too many stories / programmes / activities running at the same time – you clog up your RAM (ready access memory) that enables your computer to use different programs at the same time.
- Ever notice that when you have many different programs running on your computer at the same time, everything seems to slow down considerably?

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Tools to Programme your RAS & Neuropeptides cont'

Establish Good Disciplines / Habits

- Add structure to your life
- Have purpose as your anchor
- Monitor performance regularly
- Establish safety valves for variations to the plan (self imposed naughty corner)
- Schedules rewards for achieving KPI's (Key Performance Indicators)
- Monitor performance
- Be aware of environmental influences – good and bad

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Tools to Programme your RAS & Neuropeptides cont'

Sub-conscious Programming

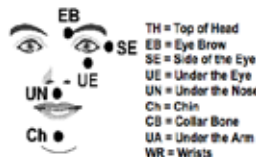
- Programming – self & assisted
 - Positive affirmations
 - Sleep Programming – audio or written
 - Question formations
 - Subliminal influence
 - Hypnosis (self or assisted)
 - Frequency Assisted
 - EFT – Emotional Freedom Technique - Tapping

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Emotional Freedom Technique - EFT

- EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over 5000 years
- **EFT is very easy to learn and will:**
 - Remove Negative Emotions
 - Reduce Food Cravings
 - Reduce or Eliminate Pain
 - Implement Positive Goals



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Emotional Freedom Technique - EFT

- This combination of tapping the energy meridians and voicing positive affirmation works to clear the "short-circuit" - the emotional block -- from your body's bioenergy system
- Many people are concerned about embarrassing themselves by using EFT in public



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Emotional Freedom Technique - EFT

- Technique is to tap with all your fingers on the tapping points
- One hand is ok and two hands is better (alternate)
- Tap so that it is firm but do not hurt yourself
- At the same time use affirmation statements while tapping
- Affirmations are the same with one part changed



"Even though I have this _____,
I deeply and completely accept myself."

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EFT in Practice

"Even though I have this _____,
I deeply and completely accept myself."

1. Top of the Head
2. Eyebrow
3. Side of Ears
4. Under the Eyes
5. Under the Nose
6. Chin
7. Under the Arm
8. Wrists



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The Three Door Rehearsal

Worst Case



Do Nothing



Expected Outcome



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How do you influence your future?

By learning to direct

- Your Decisions
- Your Reticular Activating System
- Your Neuropeptides
- Your Energy Frequency



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3. ENERGY & FLOW

Dymphna Boholt



How do you influence your future?
By learning to direct

- Your Decisions
- Your Reticular Activating System
- Your Neuropeptides
- Your Energy Frequency



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Learn how to align energy and frequencies

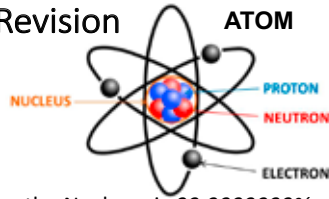
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Quick High School Science Revision

- It was previously thought that the nucleus of the atom was a solid mass around which Subatomic particle orbit
- Physicists now know that atoms, including the Nucleus, is 99.9999999% empty space
- Essentially empty space between vibrating 'Quarks'
- There is almost no substance to our seemingly solid, tangible world, so what causes the illusion?



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Atoms are 99.9999999% empty space

- When touching a wall with your hand, both the wall and your hand are composed of 99.9999999% empty space
- So your sensation of touching some "thing" comes not from physically colliding hand-atoms with wall-atoms, but rather from an energetic charge between them.
- That energetic charge is then electro-chemically interpreted by your brain into you experiencing feeling the "wall."



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Componentry of the Universe

- Every material object in our universe is pretty much comprised of the same four basic elements - hydrogen, oxygen, nitrogen, and carbon
- The only reason there are different material objects (i.e. your arm is different from a candle) is that those four basic elements are combined differently and are vibrating differently.



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- Everything is simply vibrating energy. For example, inside of you, right now, is enough energy to power a large city for years?
- Material objects have no real substance; we (and everything else in the physical world) are just **globs of vibrating energy**.
- And that **vibrating energy is electromagnetic**.
- **Which means the energy is magnetic - attracting or repelling other energies in our environment.**



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Working on an Energetic Level

- **Other people pick up on your energy.** If it's positive you'll attract positive people into your life. If you have negative energy, you'll always attract negative people and negative situations into your life.
- If you find that you are getting exactly what you don't want or if you find that you are not getting what you do want then there's a very good chance that you're simply sending out the wrong energy.

Your thoughts are some of the *strongest energy vibrations in existence.*

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Energy never disappears. It just changes its place and form and it is always in *motion*.

- The only reason you can see or feel your book is because of the energetic charge that the book is vibrating at and how your brain interprets that charge.
- **The energy's density level is what determines whether the book is solid, liquid, gas, or even empty space.**
- All the things that look real to us, including ourselves, are nothing but energy that has been slowed down that it reached the state that we identify as solid.



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Energy never disappears. It just changes its place and form and it is always in *motion*.

- If you take a book and burn it, what happens to it?
- Your answer is probably that the book will disappear.
 - Wrong.
 - The book won't disappear, instead, its energy will change form.
- The fire accelerated the energy into faster and faster vibrations until the solid item that was once tangible and visible is now a different form of energy, one that your senses can no longer detect.



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Everything is Energy!

- **Every substance, including people, emits energy that is *unique* to that substance.**
- If we look at an atom under a microscope, the closer we get to it, the more blurry and indistinguishable it will look. When we get even closer to the surface of the atom, it will disappear from sight.
- **We won't see anything.**

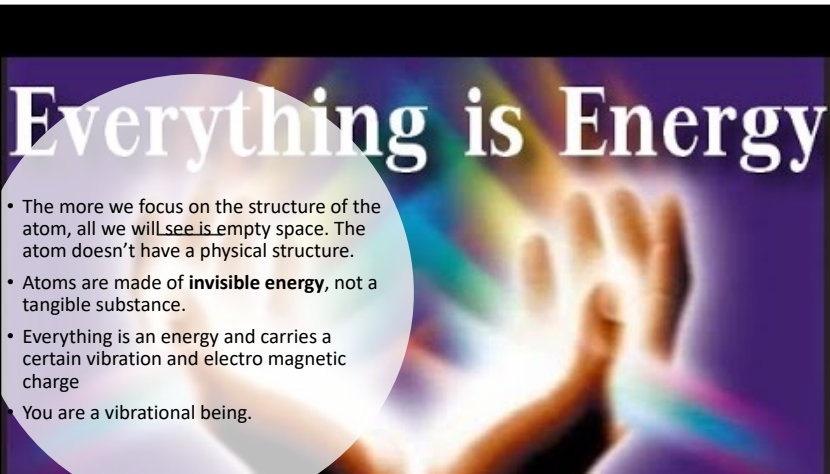


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Everything is Energy

- The more we focus on the structure of the atom, all we will see is empty space. The atom doesn't have a physical structure.
 - Atoms are made of **invisible energy**, not a tangible substance.
 - Everything is an energy and carries a certain vibration and electro magnetic charge
- You are a vibrational being.



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Energy and Cells

- The movie **“Star Wars”** is famous for its idea of **“the Force”** which is described as **“an energy field created by all living things that surrounds us, penetrates us, and binds the galaxy together.”**
- Though the Force is treated as fiction by Hollywood and most Westerners, in fact the concept has a rich history around the world.



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Energy and Cells

- In traditional Chinese philosophy and medicine it is called **“Chi.”**
- Japanese mystics and martial artists call it **“Ki.”**
- Indian yogis and sadhus call it **“Prana.”**
- The Ancient Greeks called it **“Pneuma.”**
- Jewish Kabbalists call it **“Nefish.”**
- Christians call it the **“Holy Ghost.”**
- Muslims call it **“Baraka.”**
- And the Polynesians call it **“Mana.”**



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According to the 5,000-year-old Chinese Qigong theory, if you go beyond scientific measurement – this is called the chi level.

We can communicate with the chi level using our minds to do different things, such as healing.”

– Luke Chan, Chi Kung Master



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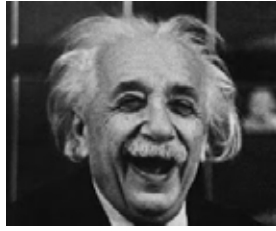
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Energy and Cells

- Everyone knows Einstein's famous formula $E=MC^2$ meaning Energy = Mass x Light Speed squared.

What we're seldom taught, however, are the implications of this equation.

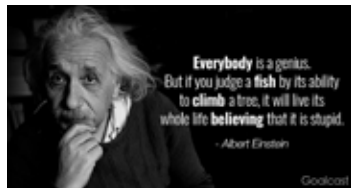
- $E=MC^2$ shows that matter and energy are really just two different forms of the same thing.
- Einstein's formula and quantum physics have both verified that all matter is really just energy vibrating at a low frequency.



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Energy and Cells



Albert Einstein himself said,

"We may therefore regard matter as being constituted by the regions of space in which the field is extremely intense ..."

"There is no place in this new kind of physics both for the field and matter, for the field is the only reality."

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Ancient Eastern belief in Energy Centres



- Crown - Spiritual
- 3rd Eye - Perception
- Throat - Expression
- Heart - Love
- Solar Plexus - Power
- Sacral - Sex
- Root - Survival

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Electro Magnetic Energy field Inter-connectedness

- Every seemingly solid object is actually 99% empty space that vibrates at different frequencies and emits electromagnetic charge (field) which when interacted with another object creates its form.



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The Universe is not separate individual components

- Quantum theory says there is an interconnectedness between every one and every thing.
- It shows that we cannot decompose the world or the universe into independent separate objects as every object every particle is interconnected by an electro-magnetic field.
- **The 'basic building blocks' theory of Newton is dead**



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Be aware of your inter-connectedness

- As everything living or not has an interacting field with each other
- AND, our energy field is affected by
 - Nutrition / Chemical
 - Emotional / Thought / Chemical
 - Interactive Energy fields from our surroundings / Energy
- We need to be more consciously aware of our **nutrition, emotional thought** and our **surroundings**



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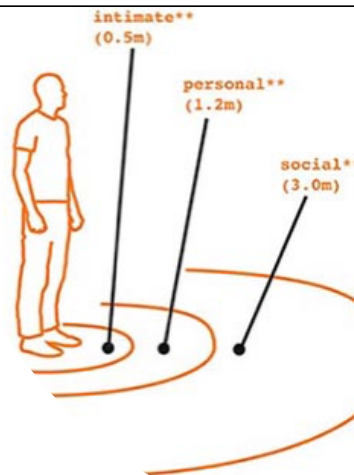
Energy Awareness and Personal Space

- Protecting your personal space is important - for safety and in terms of leadership.
- Horse Example:
Protecting personal space signifies leadership and is one of the ways horses display herd hierarchy. Knowing when a horse is pushing on your space is therefore very important and pushing on your space has nothing to do with the physical proximity of the horse to you.



Energy Awareness and Personal Space

- **Energy fields have many layers.**
- They can be different sizes and have different intensities which we can change through our thoughts and intentions.
- **We can expand or contract them and intensify or soften them.**
- The most immediate layer is a circumference around you about an arm's length away is the space you need to protect the most.



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Energy Awareness and Personal Space

We can expand, contract, soften or intensify this field or bubble as required or as we like.

Some people like horses innately have very expansive and strong energy fields.

We can all develop the capability of using and directing our energy more expansively and effectively.

Like everything else it requires practice.



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Energy Awareness and Personal Space

- An expansive strong energy field doesn't have to mean an intimidating one, if a person is centered their energy field can be extremely large and powerful and yet absolutely soft, warm, friendly and inviting.
- Posture change matches each change in thought, emotion, intention and feel of the energy field.



The energy field just mirrors the thoughts and emotions because thoughts and emotions are energy.



Brian the Ultimate Dr Doolittle



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Understanding Energy is important for Negotiation

What do you do if you feel an an oppressive energy?

- You need to expand your energy field to match or be greater than the oppressive energy
- You simply imagine or set your intention to expand you energy field and change you posture accordingly.



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What do you do if you feel an an oppressive energy?

- Practice makes perfect
- Practice expanding and projecting your energy to animals and babies as they are the most responsive
- Pay attention to the little things and start developing your energetic awareness.
- Shopping Centres are great places to practice



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Make sure your Energy IS actually at your desired level.

- Quite often people attract from a negative perspective even though their intentions are positive

Example

- Platinum Student - wanted to have a loving and healthy relationship with a partner who was a good fit for her.
- I asked her, "What is the reason you want to be with someone?"
– "Because I don't want to be alone." She answered.
- She had a positive goal that stemmed from a negative starting point.

Better answer "I have a lot of love to give and I want to share it with someone."

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Example

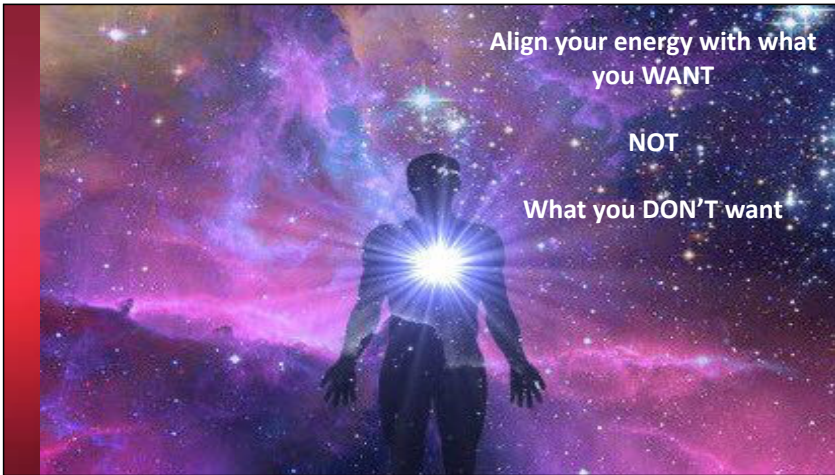
- Real Estate Example – Student wants to complete a great subdivision deal and make \$250k.
- Why?
- "Because I'm sick of being broke! "
- Again a positive goal that stemmed from a negative starting point.

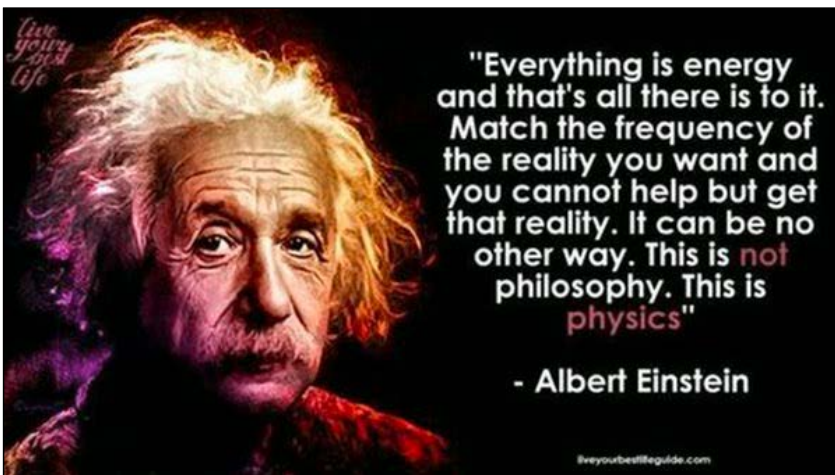
Better answer "I love accomplishing things and doing subdivisions would be fun and Profitable"

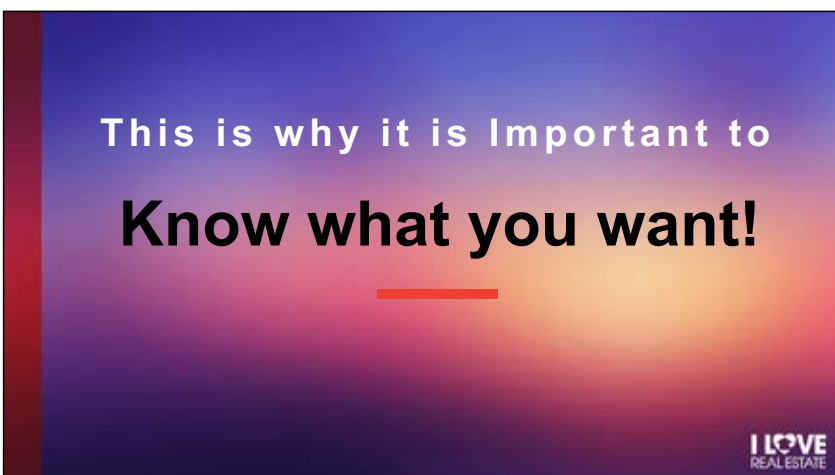
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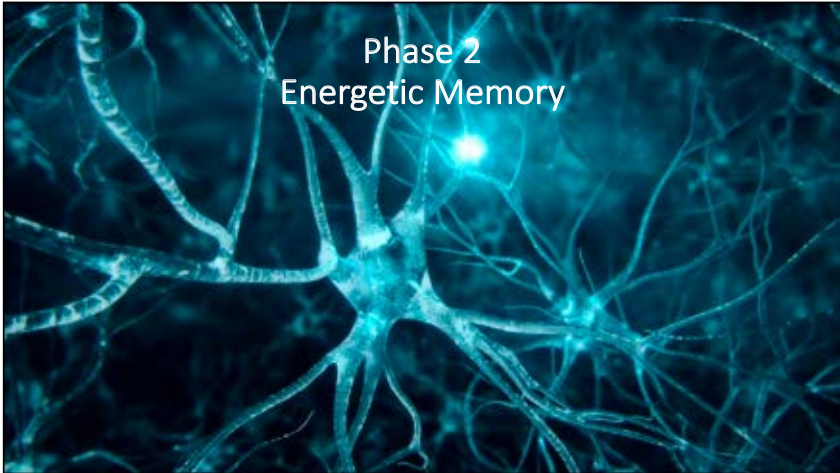


Peg in the Sand
Wants
Goals
Focus
Intention

"Your imagination is a preview to life's coming attractions." – Albert Einstein

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Consciousness is the intelligent energy of our accumulated memories, that are recorded in our cells through our life.

Memories are stored through a process involving successive incidents of calcium binding. This is called a "molecular coincidence detector." As the neurons in your brain fire together more frequently, they become wired together.

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Holographic Memory

- The theory of a hologram is that every small component of the whole is an identical representation of the whole
- Holographic cellular memory means that every experience / emotional response is stored in every cell
- EG. Subconscious programming is infused as images in every cell from every prior experience
- Neuro-plasticity tells us that our dominant emotion to experience is how the subconscious will respond



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Re-Programming your Cellular Memory

- **If your neuro- path ways are used to firing in a non-advantageous manner you need to grow more advantageous neuropathways**
- How do you do that?
 1. **WARENESS** is the key to change
 2. **Once aware of an unwanted response, immediately create a new thought and as an intense associated emotion as you can muster**
 3. This will eventually wither away the old neuropathway and fire a new one which will strengthen the more it is used – just like any muscle



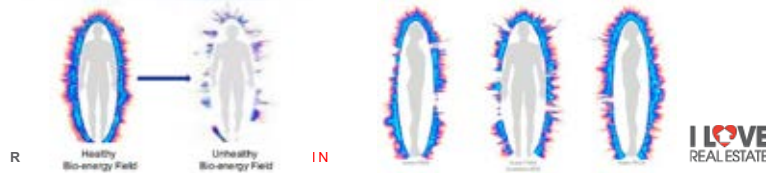
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Energy Field

- We also have energetic field memory
- We have had experiences in the past that have evoked a change in our energy field, the response is stored in our energy field until such time as we clear the imbalance
- Some are able to do this on their own through deep meditation and intent healing
- Others need third party help to restore our energy field

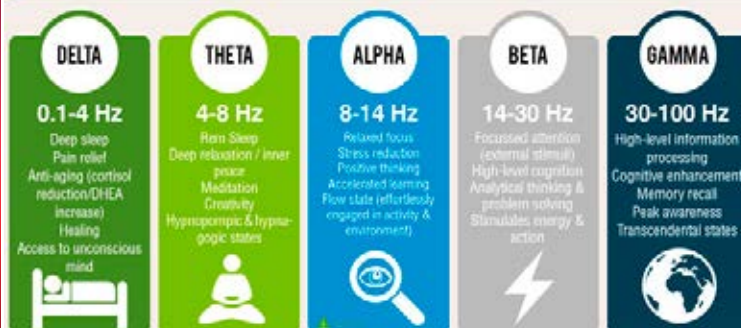


Energy Field

- Constant pro-longed stress has devastating effects on our energy field
- Modalities that assist in restoring healthy energy field
 - Meditation
 - Sound Resonance
 - Intentional frequency changes
 - Third Party intention (Reiki, Prayer, Remote healing, Energy Healing)
 - Ocean swims – salt water baths
 - Nature Walks



BRAINWAVE STATES & ASSOCIATED BENEFITS

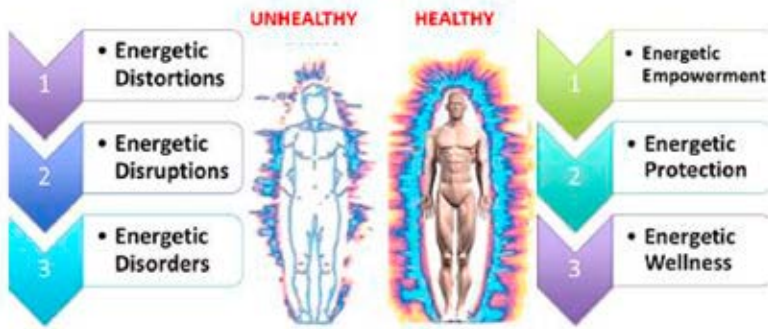


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Bio Energetic Field



Your Personal Electro-magnetic Field and the Electro-magnetic field of the Earth are inter-connected



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Earth Ley Lines

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Energy Grid Lines

- Ley lines or earth Chakras are alleged alignments of a number of places of geographical and historical interest, such as ancient monuments! **Sacred sites like the Egyptian Pyramids, Peru's Machu Picchu ruins, the Stonehenge, the Great Wall of China**
- Most cultures have traditions and words to describe these energy lines, **Chinese called them the Dragon lines**. Some think they are Portals, or energetically charged points.
- The phrase (ley line) was coined by the amateur archaeologist Alfred Watkins, in 1921. Referring to supposed alignments of numerous places of geographical and historical interest!



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Energy Field Memory

- What happens when your energy fields hold the memory of past experiences that are unfavourable to your future?
- What happens when a house or land holds the energetic frequency of past experiences that are unfavourable?



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Real Estate Energy Imprints

- **Emotional Imprints**
Events that have occurred on a property, or in a building or house, leave energy traces. Deaths, violence, disputes, and any harboring of negative emotion by previous occupants. These energies can last for centuries unless cleared.
- Emotional imprints in a building are most commonly felt as an atmosphere, and through changes in feelings upon entering a building and moving around inside.



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1. Disputes and/or Outright Conflict

- Sometimes between the builders, or previous occupants with each other, or with neighbors, or the world, or where injustice was done to indigenous people over land, imprints can be from ages before there was a structure.
- Houses built on **native burial sites**, or battlegrounds, for example, are affected by the energetic disharmony.
- Intensely felt emotions, such as sorrow, frustration, hate, or grief.
- **Residual emotions** from long illness, especially when death happened in the house – emotions of the caregivers, friends, relatives, or the sick person.
- These imprints affect us, even when we are not consciously aware of them.

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2. Stressed Earth Meridian Lines

- Stressed Meridian Lines are weakened effects from lines of force that move along the earth. These can be viewed as toxic streams, bringing a flow of negativity into and through a property, usually in more than one direction. This might be experienced as almost any sort of energy drain and can increase the probability of negative emotion being felt and expressed.
- Similarly, streams of underground water under or near buildings can affect the energy of a home.
- When there is a problem, it is not the lines themselves, but the quality of energy moving along these lines. When the energies are cleared, they radiate positive flows into the space. It will then be supported by the more-harmonious connection to the earth energy system.

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3. Shielding and Protecting

- When a Property is cleared, It is usual to place a protective energy barrier around its perimeter that helps keep negative energies out and helps transmute emotional debris as it occurs.



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Applications of Clearing

• Property Sellers

Sometimes everything is right. The Property is presented well, priced right, good marketing, good agent – but it still isn't selling

- What if potential buyers sense something that makes them uncomfortable?
- Clearing change the way a house or building feels and how people respond to it.
- Why not remove those obstacles, just as you remove extra furniture and clean house before going on the market. House clearings improve people's reactions dramatically.



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Applications of Clearing

• Home Buyers

- Start off in your new clear house.
- Even new houses often have discordant energies. Have you ever been on a construction site, hearing what's said? What happened on the land before that?
- Old houses have lots of stuff going on from previous occupants who have left a part of themselves behind.



REAL ESTATE MILLIONAIRE WITHIN

I LOVE REAL ESTATE

Applications of Clearing

• Hotels, Offices and Meeting Places

- Hotels, Offices and Public areas are imprinted by the energy of many personal and business dramas played out in them.
- If you have ever felt uneasy and unable to sleep in a hotel room or a bit off in a meeting room, it may not have been the people you were with, or the event you are participating in.
- It's probably the imprinted energy of previous occupants



REAL ESTATE MILLIONAIRE WITHIN

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Business Owners and Operators

• Businesses are pathways for energy. These interactions generate mental and emotional energy. Some of the energy doesn't get resolved and begins to live in the physical space. Negative emotions have left imprints.



• A business clearing gives you a reading of the energy of your business, plus information about energy blocks from customers, competitors, or you.

• Clearing clears relationships – employees, partners, vendors – and suggest possibilities for improvement.

• Clearing works on both the physical business space and the intangible real business relationships, employees performance etc.

• The basic results are reported as - Improved harmony and productivity, increased levels of profit: financial, emotional, social, and spiritual.

• Home Business and Website Clearing is also possible. When people visit your website, they can leave behind negative energy and emotions. If your website is otherwise OK, but you aren't getting the response you want, clearing negative energy from your website can increase your effectiveness.

REAL ESTATE MILLIONAIRE WITHIN



How do you influence your future?

By learning to direct

- Your Decisions
- Your Reticular Activating System
- Your Neuropeptides
- Your Energy Frequency



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4. STOP SELF SABOTAGE

Pip McKay



STOP
Self-Sabotage
 With
Pip McKay

The Success Formula

P
Y
C
H
O
L
O


Goal

Focus

Notice

Yes: Persist **No: Change**

P
H
Y
S
I
O
L



Me
8 Months

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Me
5 Years



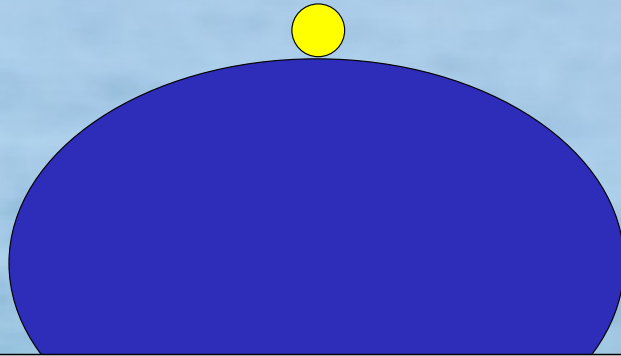




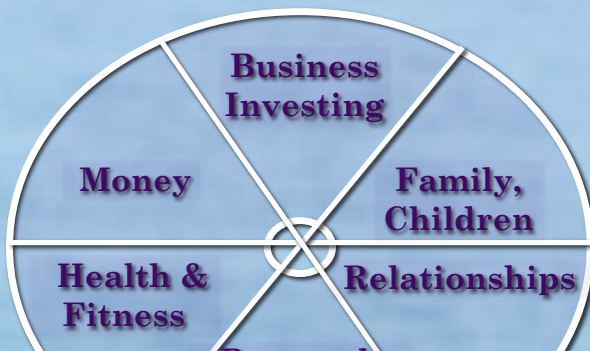
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Conscious Vs Unconscious Mind

4% Conscious



Where is Your Sabotage?



Top 10 Fears and Beliefs

1. Fear of failure or disappointment
2. Fear of criticism or making mistakes
3. Fear of success
 - Fear of loneliness
 - Fear of being different
4. I am unsafe
5. I am not lovable
6. I am not good enough or deserving
7. I have to do everything myself
8. I have to be perfect



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What Fears or Beliefs Are Preventing You Getting What You Want?

4 Step Sabotage Buster

1. What is the purpose of the Fear or Negative Belief? (Keep going until your get the Higher Purpose)
2. Is it possible to get _____(Higher Purpose eg Happiness) while I let go of _____(Fear/Belief eg Not Good Enough)?
3. How is that possible?

Evolve Now! Level 1 3 x 3 Day Weekends

- 1A - Passion and Purpose
 - Find true direction and happiness
- 1B - Masculine and Feminine
 - Clear Parental Programming
- 1C - Matrix Therapies



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Evolve Now! Level 2 3 x 4 Day Residential

2A – Love &
Manifestation

2B - Growth &
Abundance

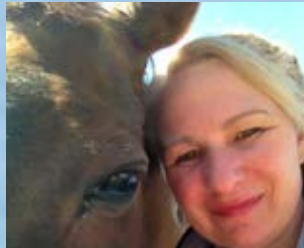


FREE ONLINE EVENT!

- Register at
www.pipmckay.com.au

Other Contact Details

- pip@evolvenow.com.au



FREE 20 MIN CHAT With Pip Or Will

Register at:

www.myevolvenow.com.au/meet

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5. HOLISTIC HEALTH AND Q&A

Cyndi O'meara



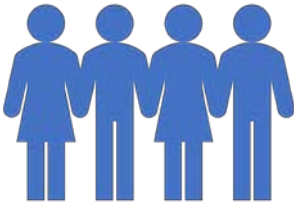
Share with Friends Your Light Bulb Moments

- #changinghabits
- Twitter – @changing habits
- Instagram – @changing_habits
- Facebook – changing habits

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1965 – 2% of the population had a chronic disease

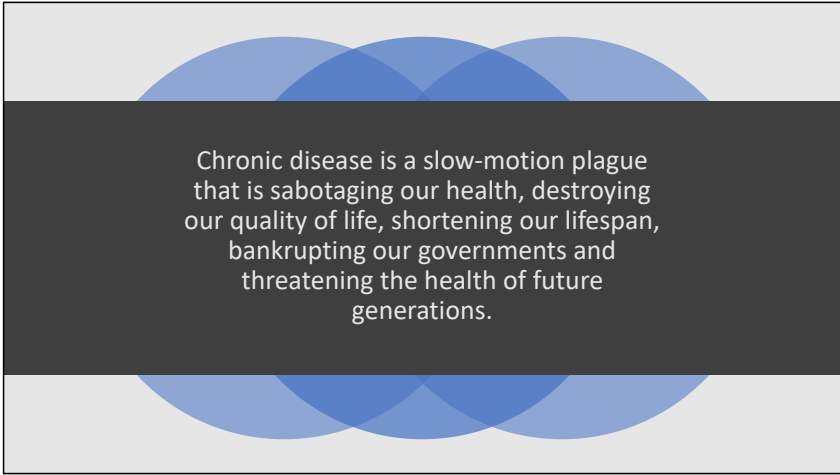
2018 – 38-40% of children before the age of 15 have one or more chronic diseases

2018 - at age 65 – 80% have chronic disease.



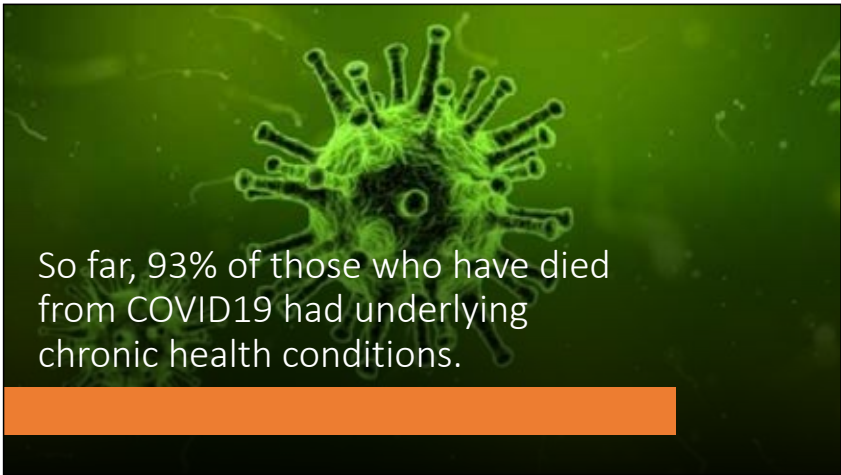
Chronic Disease

- Heart Disease
- Diabetes
- Autoimmunity
- Chronic Fatigue Syndrome
- Mental Illness
- Autism
- Asthma
- Allergies

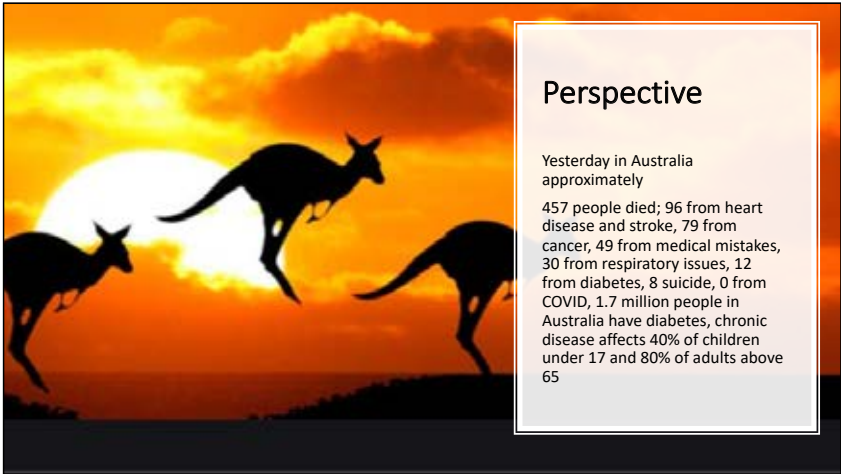


Chronic disease is a slow-motion plague that is sabotaging our health, destroying our quality of life, shortening our lifespan, bankrupting our governments and threatening the health of future generations.

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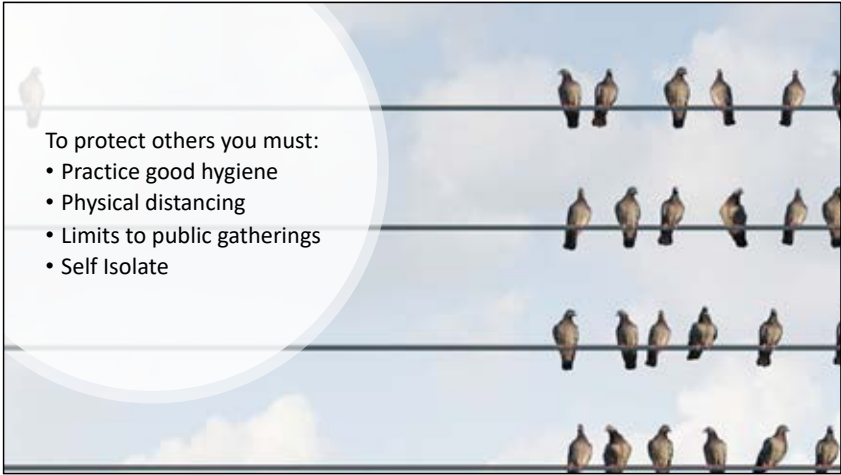


So far, 93% of those who have died from COVID19 had underlying chronic health conditions.



Perspective

Yesterday in Australia approximately 457 people died; 96 from heart disease and stroke, 79 from cancer, 49 from medical mistakes, 30 from respiratory issues, 12 from diabetes, 8 suicide, 0 from COVID, 1.7 million people in Australia have diabetes, chronic disease affects 40% of children under 17 and 80% of adults above 65



- To protect others you must:
- Practice good hygiene
 - Physical distancing
 - Limits to public gatherings
 - Self Isolate

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To Protect other you must;
 Start taking processed foods
 and soft drinks out of trolleys
 at the grocery store.
 Tell them they can't buy it
 because it lowers their
 immune system and makes
 them more vulnerable to
 disease and lowers immunity.
 When they say they can eat
 what they want, say, "It's not
 about you it's about others.





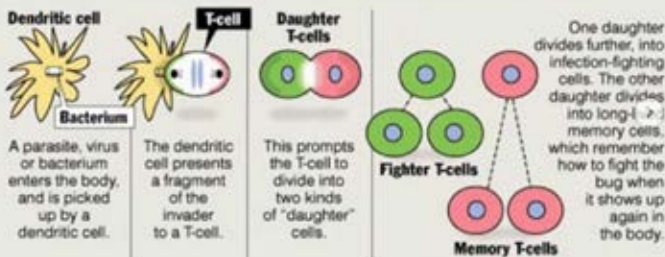
What Happened to Advising

- Movement – improves the immune system
- Sunshine for Vitamin D – improves the immune system
- Good Food – improves the immune system
- Connection – improves the immune system
- Breathing – improves the immune system
- Grounding – improves the immune system
- Nature – improves the immune system
- Quality Sleep – improves the immune system

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How the Body Remembers a Bug

The immune system generates two kinds of T-cells (a form of white blood cell) in response to an invader. Some for fighting and others to remember the battle plan for the next time.



SOURCE: Steven Peiser, University of Pennsylvania

CYNTHIA GREER / Inquire Staff Artist

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My Routine

- Watch Sunrise
- Wim Hof Breath
- Ocean Swim
- Healthy Breakfast with Immune Boosting Supp.
- Prepare Lunch
- Work
- Sunshine at midday
- Work or Farm
- Whiskey at 5
- Healthy Dinner
- Inspiring Audio
- Bed
- Repeat

Immune Boost Pack

You Are 10% Human and 90% BUGS

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**The Mircobiome;
Genomic Perspective**

- 1 human species – 20,000 genes
- 30,000 species of bacteria – 2 million genes
- 300,000 species of parasite – 2 billion genes
- 5,000,000 species of fungi – 125 trillion genes
- ???. Species of virus's – 10 to the power of 30 genes

**Metabolomgenomics
(Microbe products
changing genetic
expression)**

- Immunity and Protection
- Make B vitamins and Vitamin K
- Makes tyrosine, tryptophan and phenylalanine
- Digestion and absorption of Nutrients
- Mucosal protection of the epithelial lining of the GUT
- Enhance Communication with cells
- Correct Food Choices
- Protection from parasites
- Protection from heavy metals
- Makes Short Chain Fatty Acids –
- Brain and Mental Health (GUT – Brain Axis)
- Physical Health and prevention of disease

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**COVID is the Symptom
Not The Cause**

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The Microbiome is Being Eroded
78% have GUT issues.

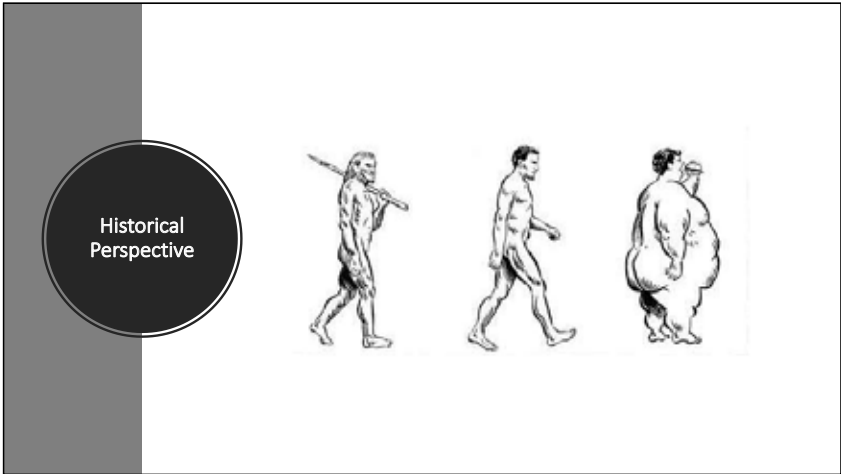
Nutrigenomics

Food is not only a source of calories and building blocks for the body but it's also Critically Important Information for your Genes and Microbiome?

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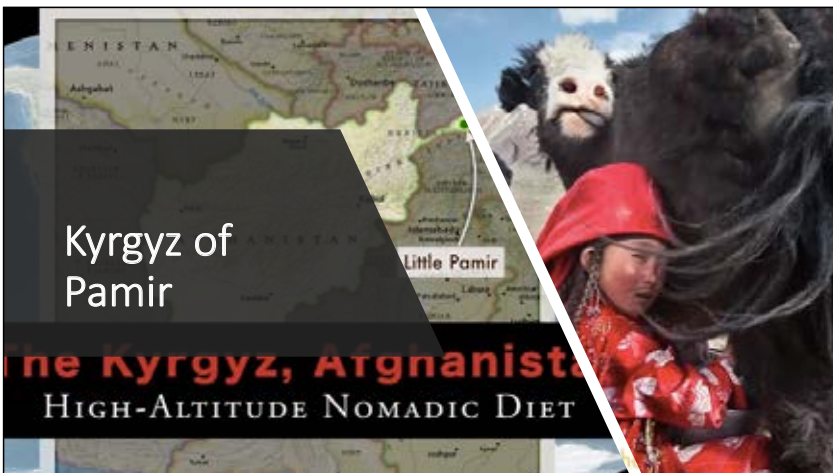


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Environments
Dictated our Food

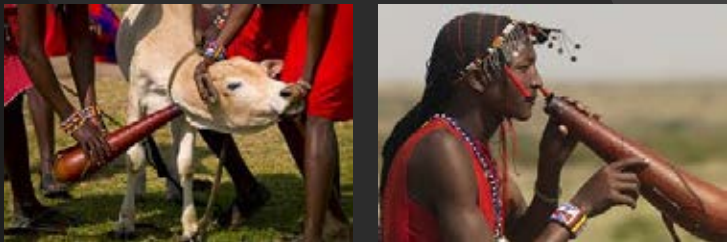


Kyrgyz of
Pamir

the Kyrgyz, Afghanistan
HIGH-ALTITUDE NOMADIC DIET

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Maasai – Kenya and Tanzania



Himba of Namibia





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Mardoo plants with sporocarps on a grinding stone, Cooper Creek





Dani and Lani of PNG

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Hunter
Gatherer -
Animal and
Plant Food
Percentages

Tribe	Location	% animal	% plant
Inuit's	Greenland	96	4
Aboriginal's	Australia	77	23
Hadza's	Tanzania	48	52
Dani's	PNG	9	91
Kitava	PNG Island	10	90

The Macro Nutrient Debate

Perhaps it has nothing to do with how much fat, carbohydrate and protein we consume. Perhaps it has everything to do with the quality of macro nutrients, how we prepare them and when we eat them (seasons).

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Summary – QPS


Quality
Preparation
Seasonal



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History of Eating

- Hunter Gatherer Age
- Agricultural Age
- Herding Age
- Chemical Age



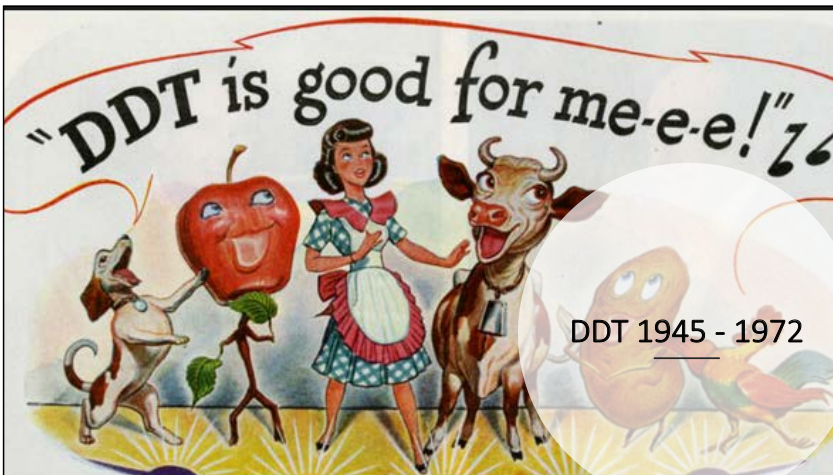
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Chemical Agriculture

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FOOD FORTIFICATION

- Process of adding micronutrients to food to provide extra nutrients i.e. vitamins and minerals (including trace elements)
- It was identified as the strategy by WHO and FAO for decreasing the incidence of nutrient deficiencies at the global level.
- The most common fortified foods are:
 - Cereals and cereal based products
 - Milk and Milk products.
 - Fats and oils.
 - Accessory food items.
 - Tea and other beverages.
 - Infant formulas.

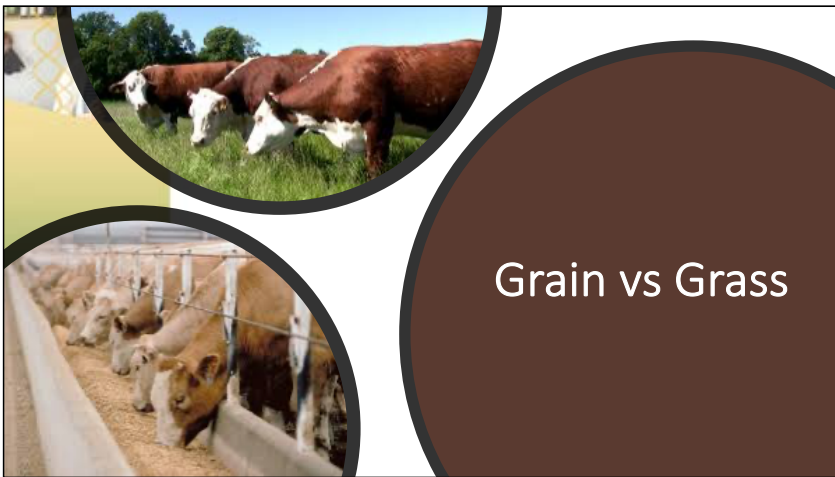




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Penned vs Free Range



Grain vs Grass



The True Cost of Food is not what it costs you in dollar terms but what it costs you and the planet in health.

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Resilience



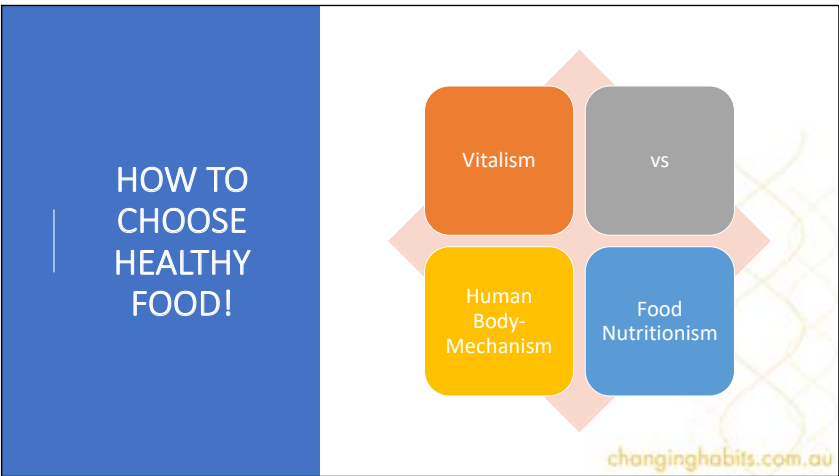




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A Synthetic Route to Natural

Are you Consuming Food From Synthetic Biology?

Clean Labeling

Welcome to the NEW Era

Non GMO, Natural, Certified Organic, Sustainable, Fair Trade, Ultra Processed Junk Food.

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Clean Labeling Example

- Natural Flavouring
- Natural Colours
- Yeast Extract
- Rosemary Extract
- Citric Acid
- Nature Seal
- Citrus Fibre

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VEGAN MEAT – Ingredients	REAL MEAT - Ingredients
<p>Man - made Water, Soy Protein Concentrate, Coconut Oil, Sunflower Oil, Natural Flavors, 2% or less of: Potato Protein, Methylcellulose, Yeast Extract, Cultured Dextrose, Food Starch Modified, Soy Leghemoglobin, Salt, Soy Protein Isolate, Mixed Tocopherols (Vitamin E), Zinc Gluconate, Thiamine Hydrochloride (Vitamin B1), Sodium Ascorbate (Vitamin C), Niacin, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin B12.</p>	<p>Nature - made 100% organic grass fed meat</p>



Vegan Cheese Ingredients

Water, Coconut Oil, Modified Potato Starch, Maize Starch, Salt, Thickeners (Carrageenan, Guar Gum), Modified Maize Starch, **Soy** Protein Concentrate, Yeast Extract, Glycerine, Natural Flavouring, Lactic Acid, Sodium Lactate (**dairy free**).



Fake Egg Ingredients	Real Egg Ingredients
<p>Water, Mung Bean Protein Isolate, Expeller-Pressed Canola Oil, Contains less than 2% of Dehydrated Onion, Gellan Gum, Natural Carrot Extractives (color), Natural Flavors, Natural Turmeric Extractives (color), Potassium Citrate, Salt, Soy Lecithin, Sugar, Tapioca Syrup, Tetrasodium Pyrophosphate, Transglutaminase, Nisin (preservative). (Contains soy.) Egg-free, Non-GMO, Cholesterol-free, Dairy-free, 5g protein/serving, packed in plastic</p>	<p>Yolk White packed in a shell</p> 

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Now That You Know What You Know How Do You Think Man Made food additives effect YOUR health?

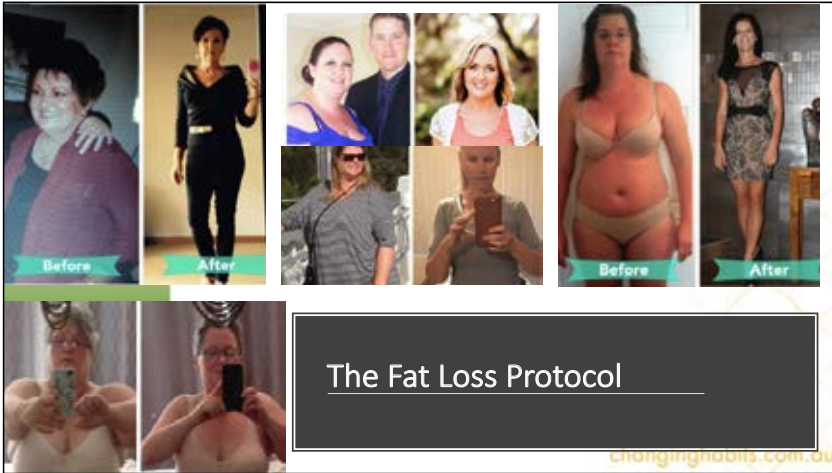


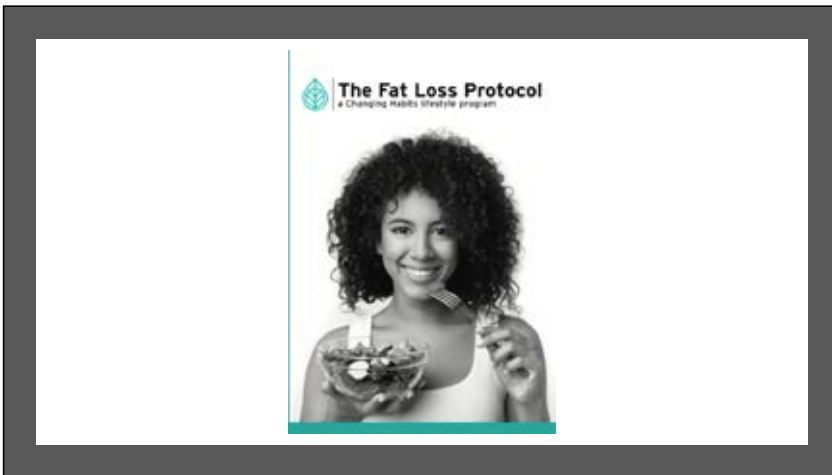
Epigenetics,
Metabolomics,
Exposome
Nutrigenomics



2012
Elimination

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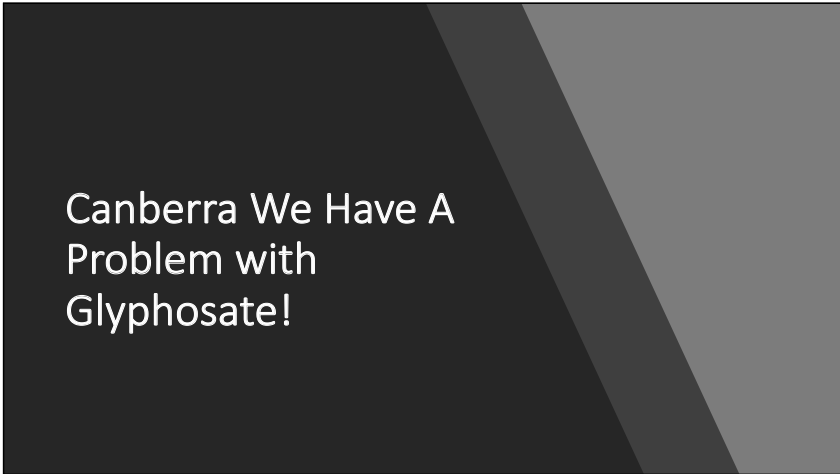






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Canberra We Have A Problem with Glyphosate!

History of Glyphosate (Roundup)

- 1964 a descaling agent
- 1969 a herbicide (1974)
- 1996 RoundUp Ready Crops
- 2000 Desiccant 1 ppm
- 2010 patent as an antibiotic
- Human Food Allowances – 30 ppm
- Animal Food Allowances – 100 ppm
- Soybean – 120 ppm
- Drinking water higher than 0.7ppm increase in infertility and kidney problems

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Products That Contain Glyphosate

596 in Australia

Eg Roundup, Rodeo Aquatic Herbicide, Weedmaster, Eraser and many many more

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Who Uses Glyphosate

- Farmers – pre seeding and desiccation pre-harvest crops
- Councils – verges, play ground, sports grounds, waterways, dog parks,
- Main Roads – road side, hwy,
- Back yard gardener
- Acreage owners
- Landcare
- National Forests
- State Parks
- Bodycorps
- Schools

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70 Different Foods in Australia Sprayed with Glyphosate

Pre – planting

Genetically Modified Crops

Around Foods

Desiccation of Foods

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**Foods Containing
Glyphosate:**

- Grains, especially wheat, oats, rye and barley
- Legumes – most non organic
- Seeds – cotton and canola and their oils
- Wine - red and white
- All foods with GMO derivatives or foods
- Sugar beet, soya, cotton, canola
- Lucerne or any animal eating it.
- Breakfast cereals, chips, crackers, breads, baby cereal...
- Coffee and Tea
- Fruits
- Nuts
- Animals who consume GMO foods
- Eggs
- Meat
- Gelatin

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**Environments Containing
glyphosate**

- Water Ways
- Verges
- Playground
- Dog Parks
- Sports grounds
- Town water supply
- Rain
- Forests
- National parks
- State parks
- Road sides – Main Roads
- Orchards fruit and nut
- Vineyards
- Coffee and tea Plantations

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In The Science 2018

- WHO - possible carcinogen (Non Hodgkin's lymphoma)
- Chelates minerals (S, Fe, Cu, Zn, Ca, Mg, Co, Mn, Mo, Se)
- Effects the Shikimate Pathway (TTP, CoEQ, Fe, Folic Acid)
- Is an antibiotic to the microbiome (salmonella and clostridia (diff) are resistant to R)
- Damages the Epithelial Tight Junctions incl. BBB
- Enhances the damaging effects of other food borne chemical residues and environmental toxins
- Down regulates Vitamin D
- Destroys the ecology of the soil
- Harms embryonic and umbilical cells
- Inhibits Methionine (methylation)
- Replaces glycine in the amino acid chain
- suppress the liver cytochrome P450 (CYP) enzymes
 - impaired bile flow,
 - impaired activation of vitamin D,
 - impaired clearance of retinoic acid (leading to congenital developmental disorders such as spina bifida) and, most importantly, impaired ability to detoxify

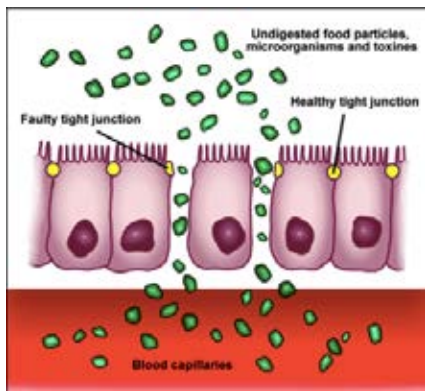
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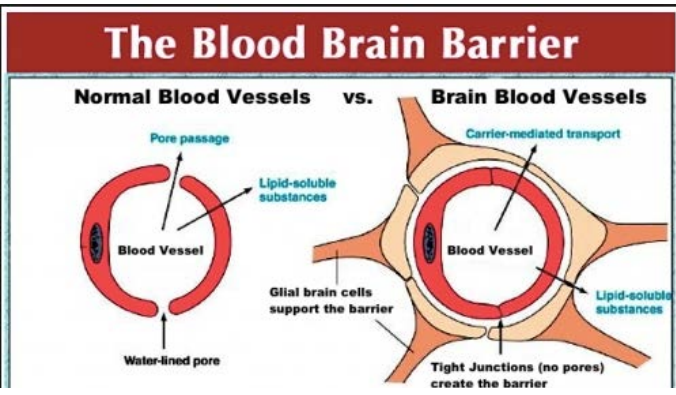
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Inhibits the Shikimate Pathway

- Performed by Bacteria, Plants and Fungi
- Tyrosine
- Tryptophan
- Phenylalanine
- Folic Acid
- Enterobactin
- Co-enzyme Q
- Vitamin K

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Down
Regulates by
Inhibiting
P450 (CYP)


vitamin D

The image shows the word "vitamin" in orange lowercase letters and a large letter "D" composed of various fruits and vegetables. To the left, a dark grey circle contains the text "Down Regulates by Inhibiting P450 (CYP)".



Destroys the
ecology of soil

A photograph of soil with several earthworms. A semi-transparent white circle is overlaid on the right side of the image, containing the text "Destroys the ecology of soil".



Harms embryonic
and umbilical cells

A photograph of a human embryo in a pinkish, fleshy environment. The text "Harms embryonic and umbilical cells" is positioned to the right of the image.

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In The Science 2018

- WHO - possible carcinogen (Non Hodgkin's lymphoma)
- Chelates minerals (S, Fe, Cu, Zn, Ca, Mg, Co, Mn, Mo, Se)
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Where to from here?

Where is here?

What are you doing now?

What do you need?

What is your vision?

What action must you take?

What are you prepared to do?

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CHANGING HABITS

RECIPE BOOK

Over 100 delicious, healthy and easy to follow recipes

Cyndi O'Meara

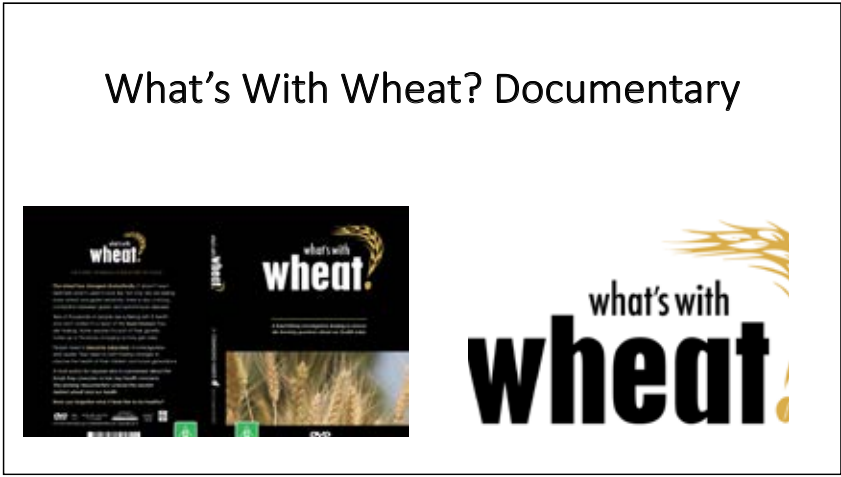
LAB TO TABLE

Stop Being A Lab Rat. Start Making Better Choices For Your Table.

Cyndi O'Meara

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Immune
Boost Pack



Vitamin N

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Remove
Chemicals from
Your Home





Grow Food –
The
Incredible
Edible
Garden

Movement



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Connection

Don't Forget to Eat Chocolate

SAVE \$600

ENROLLING NOW FOR 2020 AUGUST INTAKE

Receive \$600 off Functional Nutrition Course* plus FREE Microbiome Course (valued at \$1,497). Offer ends 10 August. *Only eligible if paid in full

[FIND OUT MORE](#)

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6. FINDING PEACE & CONTENTMENT

Raelene Byrne

FINDING PEACE AND CONTENTMENT

CONSTANCY AND CONSISTENCY IN TIMES OF CHAOS

CONTENTMENT AND PEACE ENERGETICS

- WHAT I WILL COVER
- ENERGETICS
- DISCONTENT AS A MOTIVATOR FOR CHANGE
- CONTENTMENT
- PEACE AND MORE HAPPINESS
- WAYS TO ACHIEVE THIS STATE OF BEING



www.raelenebyrne.com

DEFINING CONTENTMENT

- THE DICTIONARY SAYS CONTENTMENT IS
 - *'a state of happiness and satisfaction'*.
 - We need to define what that is for us individually and in our daily lives
 - As we all have unique perceptions, life journeys and experiences, our personal contentment is a space, a feeling that promotes happiness and inner peace
 - What is yours?...family shared meals, travel, wilderness, sense of security, sunrise beach walk, sunset glass of wine, a conversation around a fire, a hammock and a good book
 - No matter what it is consistency to touch that place is your responsibility, recognizing when you are there, having gratitude and being totally in it. Invites more of those delightful moments
 - When we relax into it, we are open for more to arise and arrive.

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ENERGY FREQUENCY VIBRATION RESONANCE

IF YOU WANT TO KNOW THE
SECRETS OF THE UNIVERSE,
THINK IN TERMS OF ENERGY
FREQUENCY AND VIBRATION

NIKOLA TESLA



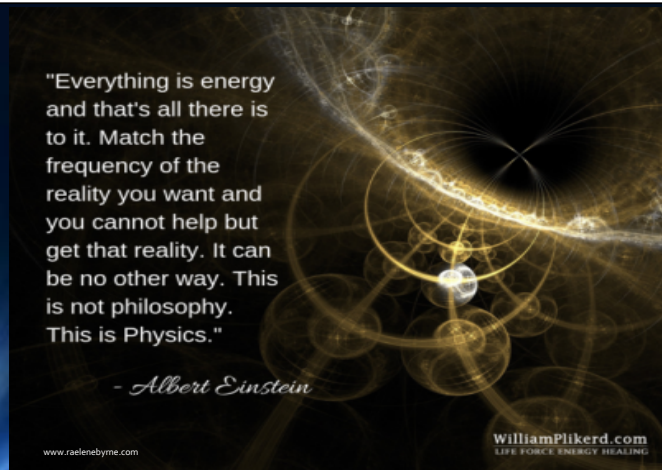
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"Everything is energy
and that's all there is
to it. Match the
frequency of the
reality you want and
you cannot help but
get that reality. It can
be no other way. This
is not philosophy.
This is Physics."

- Albert Einstein

www.raelenebyrne.com

WilliamPlikerd.com
LIFE FORCE ENERGY HEALING



FREQUENCY AND VIBRATION

- YOU HAVE A SPECIFIC BANDWIDTH, YOUR SOUL FREQUENCY THAT IS NOT REPLICATED ANYWHERE ELSE IN UNIVERSE
- HOW YOUR ENERGY FIELD VIBRATES, HIGH OR LOW WITHIN YOUR BANDWIDTH, DETERMINES YOUR OUTCOMES IN LIFE



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RESONANCE



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- WHAT LEVEL YOUR VIBRATION AND FREQUENCY OPERATES AT, RESONATES OR EMANATES INTO THE WORLD AND WILL ATTRACT OR REPEL
- FEELINGS...EMANATE, RADIATE AND RESONATE



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CONTENTMENT AND PEACE

DISCONTENT IS A TRIGGER FOR NEW ACTIONS

- UNSATISFIED WITH LIFE
- ALWAYS BARGAINING WITH THE FUTURE... WHEN I HAVE MONEY THEN I CAN DO
- PESSIMISTIC, CRITICAL, UNHAPPY
- COMPLAINING
- SEEING SELF AS VICTIM...WHY ME? NOTHING GOES RIGHT, ETC
- COMPARING OF YOUR LIFE, THINGS, MEASURING YOUR SUCCESS
- LOOKING FOR SHINY NEW THING

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CONTENTMENT

- SATISFIED
- PRESENT IN THE MOMENT
- APPRECIATIVE OF WHAT YOU HAVE
- SIMPLICITY
- GRATITUDE
- INTERNAL FEELING AND STIMULI
- INDEPENDENT OF EXTERNAL WORLD
- INTERNAL BALANCE



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REAL LIFE EXPERIENCES

- GHANDI...
 - His discontent with the system of oppression in his country, triggered him to change it. However, he was content as a person, with who he was and what he had in his personal life. This inner content allowed him to have the inner power to face (and eventually beat) the very powerful authorities in his country at the time.
- SACRED EARTH JOURNEY, global musicians who thought they needed to BECOME something else, to be content...



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CULTIVATING CONTENTMENT

- BREATHE, there is power in focusing on your breath, slowing it down, letting it shift things
- SIMPLIFY, love what you have and remember, you don't need everything you think you want (Covid has taught that)
- APPRECIATE YOUR LIFE...count your blessings and STOP comparing yourself or life to others)
- STAY ALIGNED WITH YOUR LIFE (your soul has its own pathway, get to know that and get on with it)
- EVERYTHING IS FIGURE-OUT-ABLE, ie everything has a solution, that is basic science, don't get caught up in the what ifs...go to breathing!!!
- GRATITUDE...daily practise, shifts your vibration, aligns you with universal abundance
- QUIET TIME...important to listen within, meditate, journal, reflect, silence
- NATURE TIME, IMPERATIVE...rejuvenates the energy field, balances, clears, and reconnects

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SET INTENTIONS, clear, aligned, purposeful
GRATITUDE. Randomly and regularly throughout the day (10 second practise)
MEDITATE.. 21 breath (I have a pdf on this) , 5 mins, 10 mins, 20 mins, when you can
NATURE TIME
JOURNALLING.. OR WRITE THING OUT
RITUALS...(RIBBON ONE..CRACKER)
MINDFULNESS in every moment. What do you want to happen, Only option!!
READ, VIEW, LISTEN TO UPLIFTING STIMULUS
MOVE YOUR BODY, yoga, walking, dance, body shaking, swimming, cycling, stretching.chi gung, tai chi, all available on you tube for free
APPRECIATE WHAT YOU HAVE IN YOUR LIFE
FIND WAYS TO BE CREATIVE, learn a new skill, (you tube full of things you love)
LISTEN TO SOLFEGGIO FREQUENCIES FOR DEEP DNA AND CELLULAR WORK
PEACE...what actions can I take now for more peace?

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DEEP INNER PEACE FROM CONTENTMENT

- PRESENCE
- ENERGY
- ACCEPTANCE
- CHOICE
- EXPANSIVE
- DROP INTO YOU
- WHERE YOUR THOUGHTS GO, IS WHERE THE ENERGY GOES
- EVERYTHING HAS PURPOSE,
- WHICH PATH, ACTION, RESPONSE KEEPS ME IN TUNE WITH MY INNER PEACE
- VIBRATION LIFTS, RESONANCE EXPANDS OUT,

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Cultivating contentment is such an integral part of Buddhist teachings where we honour and work towards the ability to feel happy and fulfilled in the present state.

The most important part of that definition is 'present state.' Meaning that, no matter what is happening in your world at this moment, you should have the ability to cultivate some sort of contentment from it. I think the closest thing we have to this is the idea of being grateful for "the little things." But it also means having the ability to access contentment and peace amidst great hardship as well.

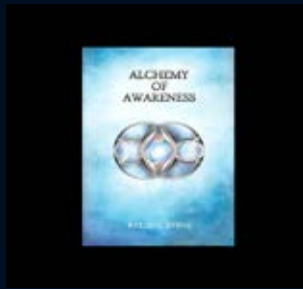
The ability to find and hold this peace is as the Buddha once said, "the highest form of wealth" because when we are content we do not need to fill an empty space inside us with more possessions that prove we are worthy, and it means we do not need to chase after the next accomplishment or life milestone to feel that our lives have worth. Through cultivating our sense of contentment we can let go of our suffering and constant striving, and instead access the deep inner peace that resides within all of us.

We can then fulfil our potential , create new directions, live life with all its twists and urns, ups and downs, not from lack, instead from deep peace and contentment, maybe we call it grace?

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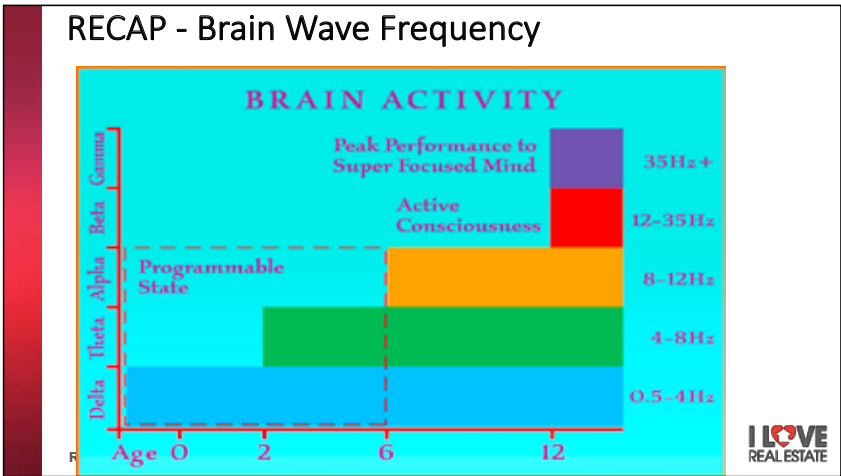
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7. THE SCIENCE OF US

Dymphna Boholt







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RECAP - Basis of Actions

- Philosophy
- Psychology
- History
- Physiology

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THE ICEBERG

RECAP – Conscious and Subconscious Systems

KNOWN TO OTHERS

KNOWLEDGE & SKILLS

SEA LEVEL

UNKNOWN TO OTHERS

Subconscious Beliefs

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Human Mind Model

CONSCIOUS MIND
Can only process five to seven bits of information at a time.

SUBCONSCIOUS MIND
This is like the "hand down" of your mind. Memories and habits reside here. However this part of your mind is "programmed", is how you behave.

UNCONSCIOUS MIND
No conscious awareness or control.

Willpower resides here. It is easily overridden when emotions are high. We try to control most of our behaviors and beliefs with "willpower".

Critical Factor (Between Conscious & Subconscious Mind.) Needs to be bypassed for hypnosis to take place.

Psychotherapy uses this part of the mind.

Permanent Memory
Every experience since conception is stored in here. During the hypnotic state, information in this part of your mind is easily accessed.

Hypnosis/Hypnotherapy uses this part of the mind.

Alpha or Theta Brain Waves
Unlimited Space

Immune System
Autonomic Nervous System
Controls automatic body functions like breathing, heartbeat, digestion

Delta Brain Waves
Unlimited Space

Feelings and Emotions
Come from here. Easily overrules conscious will when emotions are high.

Much more powerful than the conscious mind.

With Deep Hypnosis and practice, it is possible that this part of the mind can influence the unconscious mind.

Hypnosis/Hypnotherapy uses this part of the mind.

Protective (Fear or Inguinal)

Beta Brain Waves
Analyzes Incoming Data

Rational and Reasoning Thinking and Intellectual

Limited Space

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Let's review some interesting Science Experiments



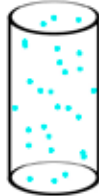
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Experiments that make you think

Experiment No. 1

Dr. Vladimir Poponin of the Russian Academy of Science, a quantum biologist emptied a container (i.e. a vacuum was created within it), so that all that was left in it were photons or particles of light.



He measured the distribution (i.e. the location) of the photons and found they were completely random inside the container.

This was the expected result.

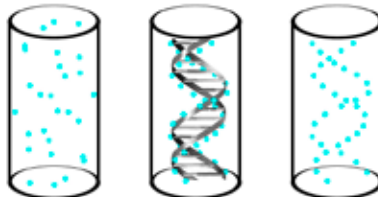
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Experiments that make you think

Experiment No. 1

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He measured the distribution (i.e. the location) of the photons and found they were completely random inside the container. This was the expected result.

Then some DNA was placed inside the container and the distribution of the photons was re-measured. This time, the photons were lined up in an ordered way and aligned with the DNA. In other words, the physical DNA had an effect on the non-physical photons.

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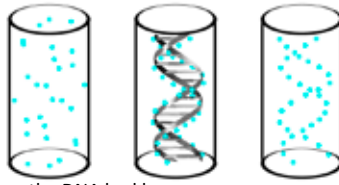
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Experiments that make you think

Experiment No. 1

After that, the DNA was removed from the container, and the distribution of the photons was measured again.



The photons remained ordered and lined up where the DNA had been.

What were these light particles connected to?

The conclusion was that the DNA was communicating with the photons through a field of energy.

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SO WHAT DOES THIS ACTUALLY TELL US?

1. There is a direct relationship between DNA and the energy our world is made up of.
2. A type of energy exists that has previously gone unrecognised, and also, CELLS/DNA influence matter through this form of energy.
3. THE PHANTOM DNA EFFECT has allowed us to see, that under the right laboratory conditions and with the proper equipment, we can document that the DNA changed the behaviour of the light particles (photons), which is the essence of our world.
4. **ULTIMATELY** it has validated that we do, in fact, have a direct **Energetic not just Physical** Effect on the world around us.

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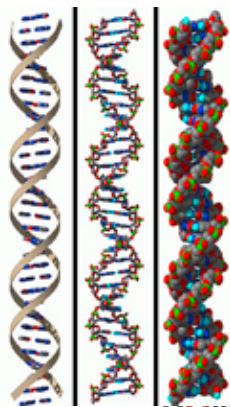
Experiment No. 2

These were actually a group of experiments done by the military.

Leukocytes (white blood cells) were collected, for their DNA, from donors, and placed into chambers so that their electrical changes could be measured.

In this experiment, the donor was placed in one room and subjected to "emotional stimulation"

- video clips which generated different emotions in the donor.
- EG. Joy, anger, sadness, laughter etc.



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Experiment No. 2

The donor's DNA was placed in a different room in the same building.

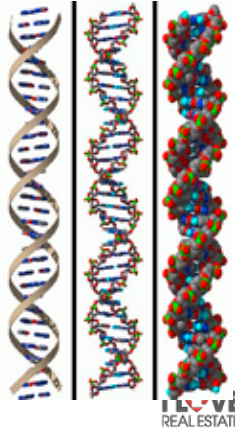
Both the donor and his DNA were monitored.

As the donor exhibited emotional peaks or valleys (measured by electrical responses), the DNA exhibited the identical responses at the exact same time.

There was no lag time - no transmission time.

The DNA peaks and valleys exactly matched the peaks and valleys of the donor in time.

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Experiment No. 2 Continued

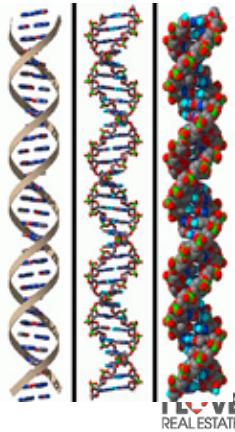
The military wanted to see how far away they could separate the donor from his DNA and still get this effect.

They stopped testing after they separated the DNA and the donor by 50 miles and still had the same result.

- No lag time.
- No transmission time.

The DNA and the donor had the same identical responses in time.

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Experiment No. 2 Continued

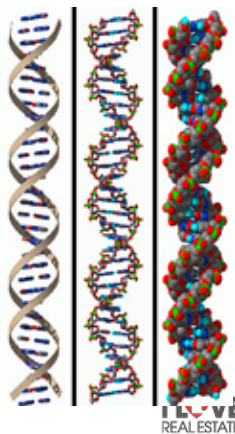
So, **What can this mean?**

It was concluded that living cells communicate through a previously unrecognized form of energy.

This energy is not affected by time and distance.

This is a non-local form of energy, an energy that already exists everywhere, all the time.

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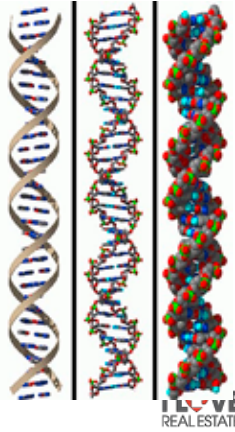
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Other Tests

Dr. Cleve Backster more recently performed this experiment with a distance of 350 miles between the donor and his cells.

Even at this extreme distance, in experiments gauged by an **atomic clock**, the donor and his cells still responded absolutely identically, simultaneously!

The fact that a donor and his DNA 350 miles away have such coincidental responses suggests that the **energy of the donor's emotions doesn't "travel" anywhere but is already everywhere.**



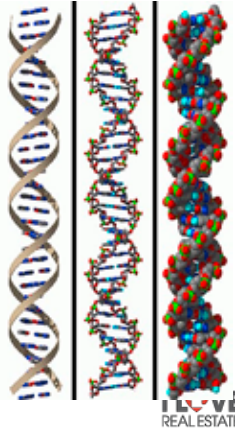
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Other Tests

This experiment is also demonstrated by [Bohm's holographic universe metaphor](#).

The experiment gives credence to such practices as prayer and energy healing and reiki, showing that emotion and intention can produce measurable physiological results even at a distance.



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Experiment No. 3

The third experiment was done by the Institute of HeartMath, and the paper that was written about this was titled "Local and Nonlocal Effects of Coherent Heart Frequencies on Conformational Changes of DNA"

In this experiment, some human placental DNA (the most pristine form of DNA) was placed in a container from which they could measure changes.



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Experiment No. 3

Twenty-eight vials of DNA were given - one each - to 28 trained researchers. Each researcher had been trained in how to generate and feel feelings of great intensity and each was given a strong emotion they were instructed to FEEL.

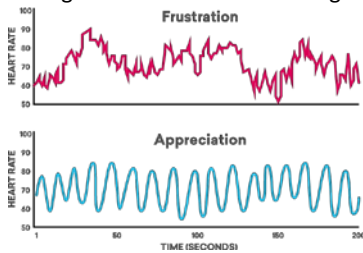
What was discovered was that the DNA changed its shape according to the feelings of the researchers



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Experiment No. 3

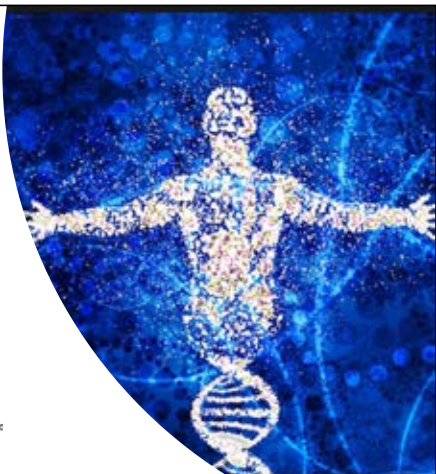
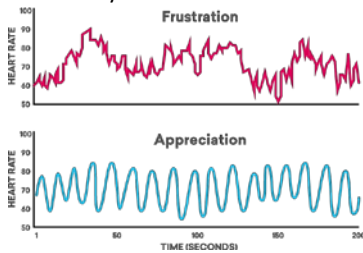
- When the researchers felt gratitude, love, and appreciation, the DNA responded by relaxing and the strands unwound. The length of the DNA became longer.



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Experiment No. 3

- When the researchers felt anger, fear, frustration, or stress, the DNA responded by tightening up. It became shorter and switched off many of its codes!



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Experiment No. 3

If you've ever felt "shut down" by negative emotions, now you know why.

Your body was shut down, too!

The shutting down of the DNA codes were reversed, and the codes were switched back on again, when feelings of love, joy, gratitude, and appreciation were felt by the researchers.

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Experiment No. 3

This experiment was later followed up by testing HIV-positive patients.

Here, they discovered that feelings of love, gratitude, and appreciation created 300,000 times the resistance than the subjects had without those feelings.

This has major implications not only in the health industry but in understanding our energetic interconnectedness.

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Experiment No. 3

In these experiments, the effects of the emotional changes went beyond the effects of electromagnetics.

Individuals trained to generate feelings of deep love at will, for example, were able to change the shape of their DNA.

Can you do that? – Produce deep, intense FEELINGS of Love and Gratitude at will?

What about sending unconditional Love to someone who has wronged you?

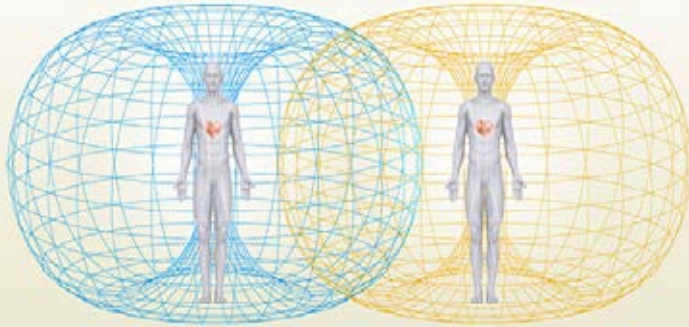
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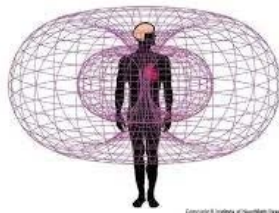
Magnetic Field of the Heart

Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.



The Heart is more powerful than the Brain

The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.



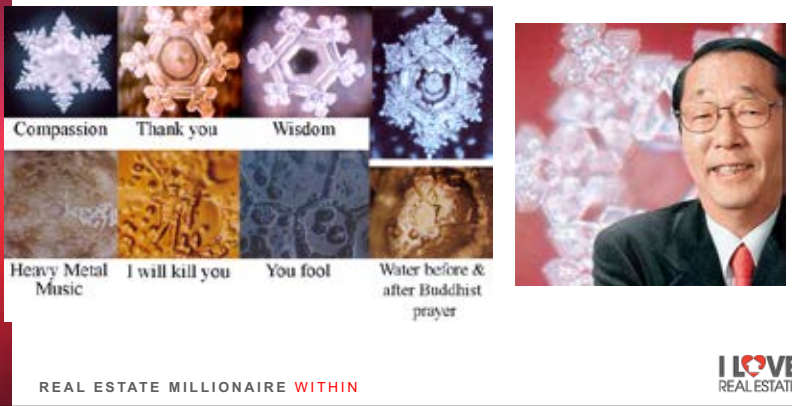
This energy appears to be a tightly woven web that connects all matter all at once, outside of time.

Essentially, we're able to influence this web of creation through our own emotional vibrations and thoughts.



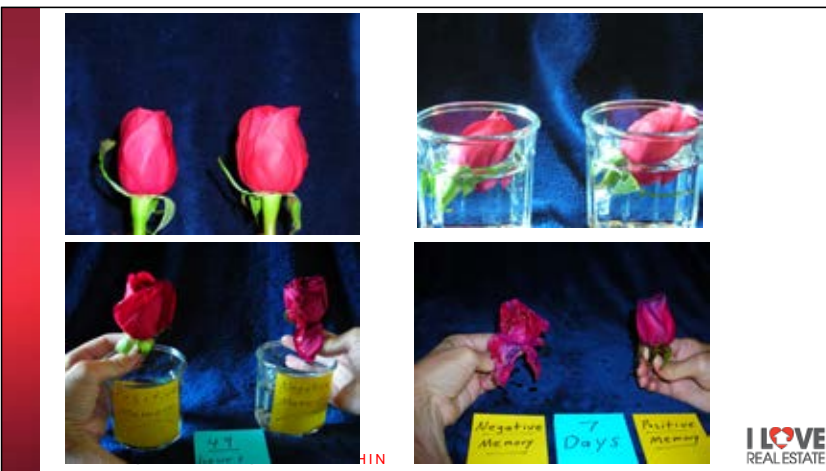
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Dr Emoto Masaru – Photographs of water crystals



Dr Emoto Masaru – Photographs of water crystals





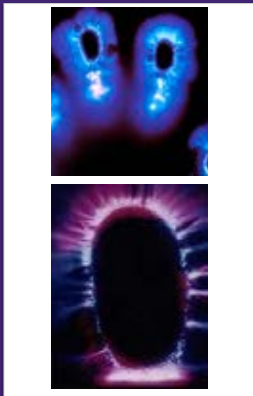
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In 1939 Russian scientist Semyon Kirlian accidentally discovered that if an object on a **photographic plate is subjected to a strong enough electrical charge**, an image is created on the plate.

By photographing the **coronal discharge** that occurs between an electrically grounded object and the electrode generating the field, the sparks captured on film shows multi-colored, multi-frequency energy waves ranging from below infrared to above ultraviolet.

These images have since become known as Kirlian photography or Biofield electrography.

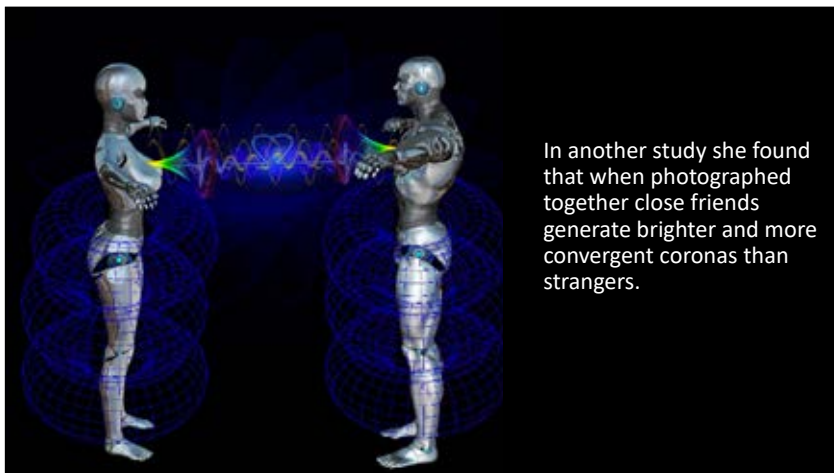




UCLA Neuropsychiatric Institute's **Dr. Thelma Moss** has recorded consistent patterns correlating fingertip coronas with specific emotions.

Healthy, happy, relaxed subjects regularly exhibit quarter-inch wide blue and white coronas, while stressed, anxious, or nervous subjects consistently exhibit blotchy red coronas.





In another study she found that when photographed together close friends generate brighter and more convergent coronas than strangers.

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- Various studies involving plant coronas have gleaned interesting information.
- For example, the **viability of seeds** can be determined by Kirlian images since fertile seeds show much larger coronal ejections than dead seeds.
- **Healthy seeds have a deep blue aura, and as root tips sprout they show up pinkish-red indicating where the most active growth is taking place.**

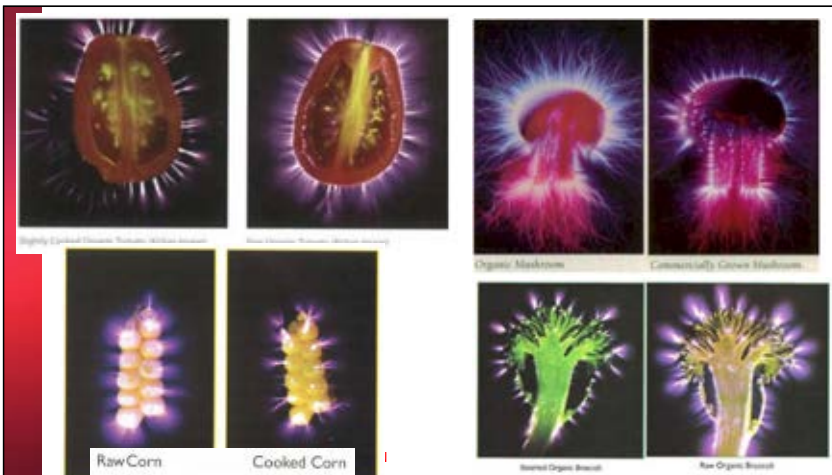


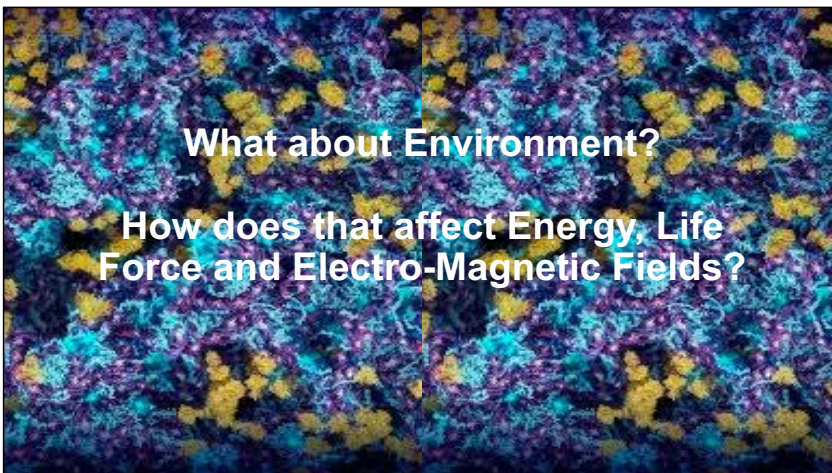
Researchers also found that dew forms on plant leaves in exactly the same locations as maximum flare patterns. They found that male plant stamens always come out blue, while the female ovary photographs are always gold.

And most impressively, **when a leaf is torn in half then photographed, the outline of the entire leaf is still clearly visible in its discharge pattern!**

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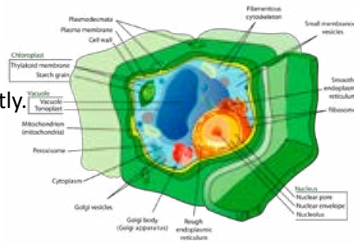




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Question?

- What would happen if you put 2 identical cloned cells in different environment?
 - The cells have identical genes so one would expect the cells to grow identically
 - However, changing the environment causes cells to grow and behave differently.
- One cell may grow into a bone, one may form muscle and the other fat.



• Not what is expected

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So if genes don't control cell behavior, what does?

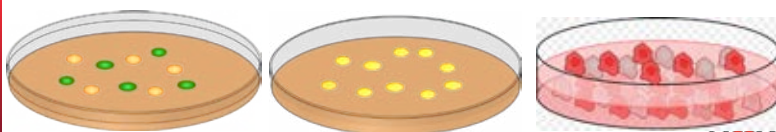
- Dr. Bruce Lipton, then professor at University of Wisconsin's School of Medicine and later at Stanford University performed this experiment in his early work. He concluded that it is **environment that controls cell behavior** not genetics.
- However environment come in several forms
 - Nutrient based chemicals
 - Emotion based chemicals
 - Electro-magnetic fields (Energy)



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The Human Petri Dish and Our Mind are the Master Chemist

- The stem cell science Dr. Bruce worked on in the 1960s revealed that the 'environment' the cells were in shaped the genetics and behaviour of the cell.
- Put identical cells into three different petri dishes, and by changing the chemistry in the culture medium they are sitting in, you change the actual genetics and behaviour of cells (for example, one becomes muscle, one bone, one fat cells).



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The Human Petri Dish and Our Mind as the Master Chemist

- According to Dr Bruce, the human is like a giant skin-covered petri dish of 50 trillion cells.
- The culture medium in our body is the blood and the “chemist” who controls the composition of the blood, by adding and taking things away, is our mind.
- The cells receive their information about whether to grow, contract, live or die, based on our mind’s perception and interpretation of reality.



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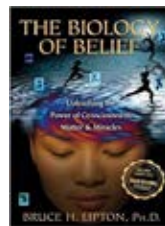
Cellular Integration

Epigenetics

The study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself.

Epi meaning above
Genetics Gene make up

Epigenetics = Above Genetics

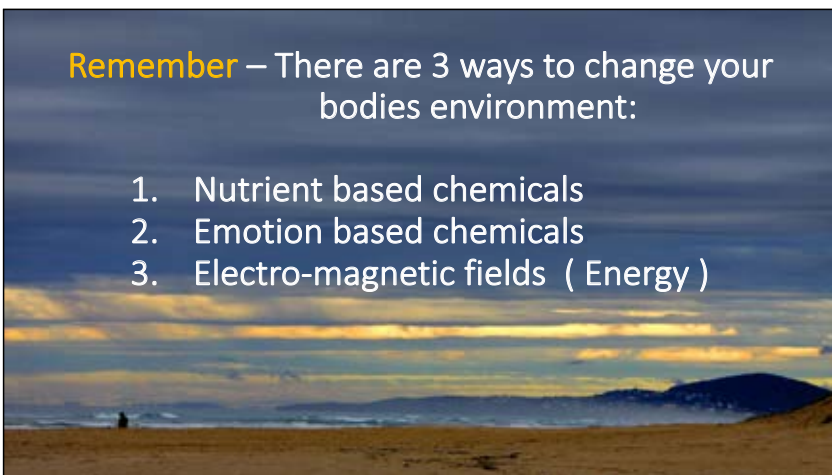


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Remember – There are 3 ways to change your bodies environment:

1. Nutrient based chemicals
2. Emotion based chemicals
3. Electro-magnetic fields (Energy)

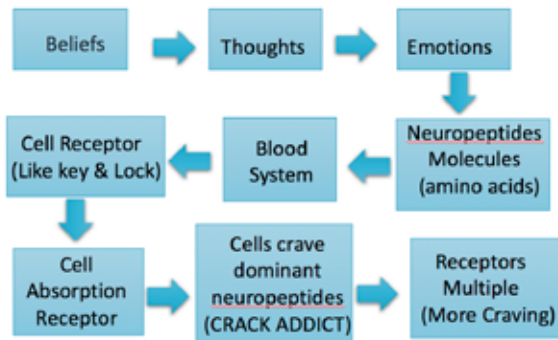


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Nutrient based chemical environment



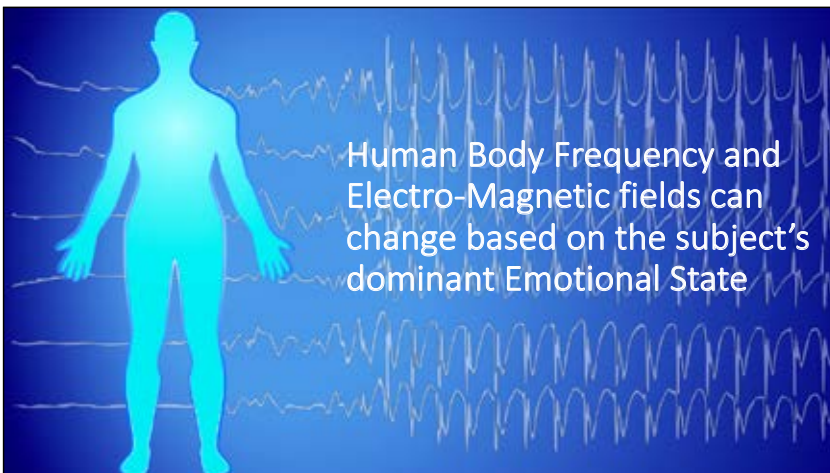
Emotion based chemical environment



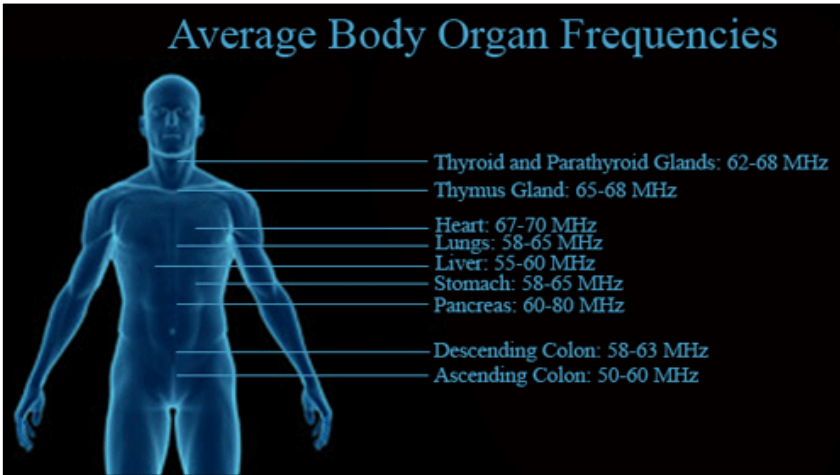
The brain goes about creating situation to elicit the same emotion.

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Thought as a
medium of
influence

WHETHER YOU THINK YOU CAN
OR YOU THINK YOU CAN'T
EITHER WAY, YOU ARE RIGHT
HENRY FORD

- Thoughts are powerful. Positive and negative thoughts are equally powerful but in opposite directions.
- Science has proven that the **placebo effect**, which is positive thought or expectation of healing, can positively influence your health.
- It is just as true that negative thoughts can negatively influence your health or undermine your success in life.
- Research and statistics show that **The placebo** effect cures **one-third** of all illnesses.
- This is a staggering statistic



What are we truly capable of?



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Thought as a medium of influence

- It is suggested, **70% of your thoughts each day may be negative**, they can have a **big impact** on your life.
- The subconscious mind operates like a tape recorder; recording thoughts and playing them back continually. If these thoughts are negative you end up with a self-destructive recording playing over and over in your subconscious mind.



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Thought as a medium of influence



Positive thoughts by themselves cannot change your life.

- **You have to have congruence between your conscious mind and a subconscious mind.**
- **When you have congruence – then Action is taken – the RAS kicks into gear**
- **Success driven neuropeptides flood your blood stream and cells and ultimately you achieve your desired Result.**

Thought as a medium of influence

- Your **unconscious mind runs your biology 95% to 99%** of the time.
- Because the unconscious mind has so much control over your biology, positive thoughts in your conscious mind are overpowered by the recording constantly playing in the unconscious mind.
- If these recordings in the unconscious mind are **incongruence** with your conscious wants desires and goals;

– THE SUBCONSCIOUS WILL SABOTAGE YOUR EFFORTS!



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Incongruence causes Stress and Dis-ease!

- As much as 90% of illness and disease is stress-related....stress can be a contributing factor in making existing problems worse.
- 83% of all deaths for adults between the age of 21 and 65 are related to lifestyle – “unmanaged stress”. CDC (Clemson)

“95%+ of illness and disease is directly related to stress. The other 5% is caused by a genetic mutation that occurred in your ancestry – caused by stress!”

Bruce Lipton Ph.D. “The Biology of Belief”

- Even the perception of stress can take 10 years off your life.



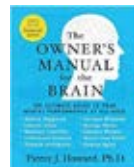
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What is the Language of the Heart?

- Pierce Howard, Ph.D. in Owner’s Manual for the Brain
“All data is encoded in the form of pictures”

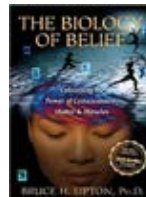


- Richard Glenn, Ph.D in Transform says
“Every problem can be traced back to a destructive picture”



- **The cell is like a camera.** Whatever is in the environment, the membrane is like a lens, it picks up the image and sends that image to the nucleus where the data base is. That’s where the stored images are.

Bruce Lipton Ph.D. In The Biology of Belief.



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Subconscious Facts!

- 95-99% of all behavior comes from subconscious
- We spend 95-99% of our day in the subconscious
- **Subconscious is 1 million times more powerful than Conscious**
- **Conscious** **Subconscious**
2000 bits/second Vs. 4 billion bits/second
- Conscious can process 1-3 events at a time vs. Thousands at a time.
- Less than 1 percent of total information vs. 99%+ of information

Consequently it’s the Subconscious we need to work on if we want the best results

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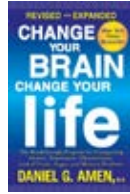


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Daniel Amen M.D. in Change Your Brain Change Your Life

- Every thought you have sends electrical signals throughout your brain.
- Thoughts become actual physical properties.
- They influence every cell of your body.
- Whenever you remember a particular event, your brain releases chemicals similar to those released originally.

- This is why replanting new emotional footprints around past event and memories changes;
 - your perception of that event
 - your emotional attachment to the event
 - the subconscious belief formed around that event
 - ultimately EVERYTHING



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Emotional Imprinting



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Anatomically Wired

- Our brains are made up of **tiny nerve cells called "neurons"** which branch out and connect to each other forming a neural network.
- At each **connection point, thoughts and emotions are incubated and holographically stored by associative memory in every cell in your body.**
- This means that all ideas, thoughts, feelings, and memories are interconnected and have relationships with one another.



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Anatomically Wired

- For instance the **concept of money** is stored in all our neural networks, but each person's concept is built from their own unique amalgamation of ideas, emotions and **past experiences**.
- Some people may have money connected to good times and fun. So when they think about money, they experience memories / feelings of happiness and acceptance.



Anatomically Wired

- Other people may have money connected to disappointment and ridicule, so when they think about money, they experience memories / feelings of rejection and depression.
- **We all build our own neural networks based on our own subjective experiences, how we perceive and what we believe.**



*"What we ultimately do is **tell ourselves a story** about what the outside world is.*

Any information that we process, any information that we take in from the environment is always colored by the experiences that we've had and an emotional response that we are having at the time we experience that event.

The more we experience a particular emotion connected to an event or situation the stronger the subconscious imprint becomes."



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We know physiologically that nerve cells that fire together, wire together. If you practice something over and over, those nerve cells have a long-term relationship. When you add deep emotion to an event, nerve cells and neuropathways bond at an accelerated rate

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**If you get angry on a daily basis,
If you get frustrated on a daily basis,
If you suffer on a daily basis,
If you give reason for victimization in your life,**

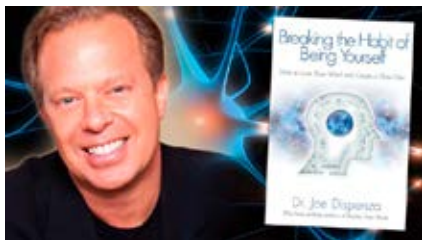
You are rewiring and reintegrating that neural network on a daily basis, and that neural network now has a long-term relationship with all those other nerve cells called your 'identity.'



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We also know that nerve cells that don't fire together, no longer wire together. They lose their long-term relationship because every time we interrupt the thought process that produces a chemical response in the body, every time we interrupt it, those nerve cells that are connected to each other start breaking the long-term relationship." -Dr. Joe Dispenza



The more emotion we can attach to the new thought process the quicker desirable networks are formed and undesirable ones die and wither away

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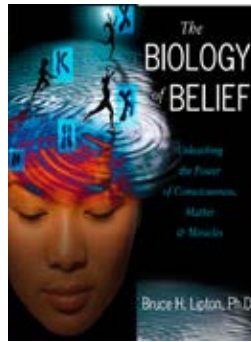


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Inside our brains, the hypothalamus acts like a tiny factory assembling various chemicals called "peptides," small chain amino acid sequences that match the different emotions we experience.

There are quite literally chemical combinations for sadness, chemical combinations for anger, chemical combinations for fear, and chemical combinations for love.

There are chemical combinations to match every emotional state we experience.

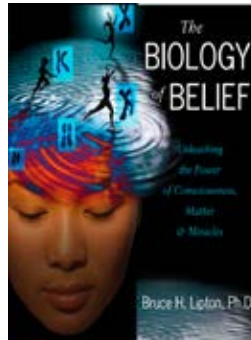


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The moment we feel anger, the hypothalamus immediately assembles a complementary neuro-peptide or neuro-hormone and releases it through the pituitary gland into the blood stream.

Once in the bloodstream, the peptides/hormones work their way through the body and we begin developing long-term relationships between thoughts/emotions and our physical biochemistry as well as neuropathways and neuron connectivity.



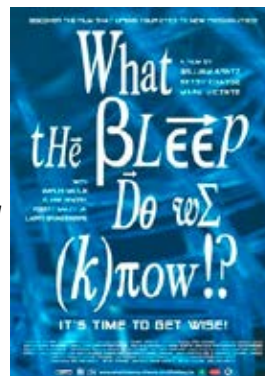
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"We bring to ourselves situations that will fulfill the biochemical craving of the cells of our body by creating situations that meet our chemical needs and neurologically connected pathways in our brain.

And the addict will always need a little bit more in order to get a rush or a high of what they're looking for chemically.

This really means that if you can't control your emotional state, you must be addicted to it ... It's biochemical.



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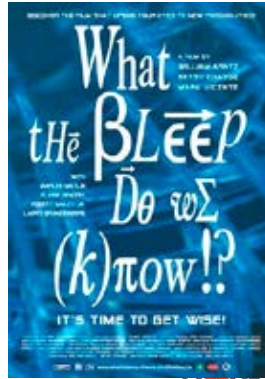


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Heroin uses the same receptor mechanisms on the cells that our emotional chemicals use.

It's easy to see then that if we can be addicted to heroin then we can be addicted to any neural peptide, any emotion."

-Dr. Joe Dispenza, "[What the Bleep Do We Know?](#)"



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Much like drug addicts, over time we crave more of the peptides we're addicted to and the well worn neuro pathways and create repetitive dogmas in our lives in order to receive our next dose.



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We change and adapt to our Environment

Environment come in several forms

- Nutrient based chemicals
- Emotion based chemicals
- Electro-magnetic fields (Energy)



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8. MINDSET IN PRACTICE

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Tam

Self Sabotaging Traits – Tackle Head-on

My Storey = "You have to work hard to be successful"

+


My Lie = "When I then I will be normal"

=


Workaholic - (Late nights, no lunch, no time-off)

↓

Professional support to break the cycle



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Morning Ritual

- Guided Meditation
- 7 Daily Rituals
(Grateful, Health, Spiritual, Family, Fun, Wealth, Education)
- Today's Intention
- Every time I I experience
(e.g. Every time I assist & support others I experience gratitude)
- Universe – Thank you
Thank you for my healthy, happy, fun loving family



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Mantra's On Demand – Power of Self-Talk

- “How Does It Get Better Than This?”
- “All Things in Life Come to Me with Ease, Joy & Glory!!”
- “What Else is Possible? Or What Else is Out There that I Haven't Considered?”
- “I Choose The Light”



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Visualize On Demand – Power of Intention

Close eyes & visualise phone call – “Great News”

- Offer Accepted
- Tenant Approved
- Property Sold / Settled
- Loan Approved
- DA Approved
- Build Contract Ready to Sign



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Create Flow - Gratitude Star Chart

- Stop PUSHING, FORCING, DEMANDING
- Acknowledge that everyone's doing the best they can & be Grateful

After every call, email, action:

- Pause to add a Star
- Close eyes
- Send heartfelt "Thank you"
- Breath out to ground the energy
- Magically things flow, become easy, positive things unexpectedly happen!!



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My Rituals Start Before I Get Up -

Melissa

- 5 mins thinking about my day ahead opportunities
- Wake up excited



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Make My Coffee & My Choices for the Day (Intentions)-

- End result orientated
- Forward focused



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Listen to Podcasts -

- What can I learn?
- Start the day with an open mind



PODCAST

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Read for 30 Minutes -

- Awareness / active mind (yes from a book)



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Exercise -

- 30 - 50 mins
- I vary it
 - Jogging
 - Gym sessions
 - Yoga
- Stay strong



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5 Minutes of Gratitude -

- I end my day with a cup of Tea and 5 mins of gratitude

- My last thoughts / words are:

I am grateful for today and excited to see what opportunities tomorrow brings



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Mindset

- What were the stories I was telling myself?
- Being a master in my profession, means I cannot do anything else.
- Fear of not being capable in a new field
- Fear of feasibilities... AAARGH!



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When your optometrist asks you which looks better... "1 or 2?"



What is really happening...

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Mindset

- Fear of having too much expected of me – Spreadsheets... AAARGH!
- Fear of making a huge mistake
- “I don’t have enough time!” and other true stories

“THE MOST VALUABLE THING YOU CAN MAKE IS A MISTAKE — YOU CAN'T LEARN ANYTHING FROM BEING PERFECT.

— ADAM OSBORNE

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Then, I attended the REMW 2015...

Fail Miserably Do Something Do Nothing



Which door is the worst door to go into?

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Mindset

- Doing nothing teaches me nothing. The greatest risk lies with not taking the risk at all.
- Now that I am Valuable and Capable, what new choices will I make?

A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.

George Bernard Shaw

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Mindset

Start from where I am right now, and the resources I have right now.



goodrly@earthlink.net

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Mindset

- Time Management and the creation of time
- "I don't have time" vs. "This is not a priority for me right now"
- Discernment and healthy boundaries begin with Self-Love.
- Spreadsheets, Feasibilities and other tools for Empowerment (and Intimacy).

Self love, self respect, self worth. There is a reason they all start with "self." You can not find them in anyone else.

NOT HAVING ENOUGH TIME IS A MYTH. IT'S WHAT YOU CHOOSE TO DO WITH IT.

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Mindset

- The great myth about fear
- Fear = Lack
- Lack of confidence, knowledge or experience.
- Avoid the obstacle? Or, climb to access better views?
- Problem solving makes us more hopeful and makes us better mentors.

FEAR
Forget Everything And Run
...or...
Face Everything And Rise
It's Your Choice



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Then, I attended the Super-Conference 2015...



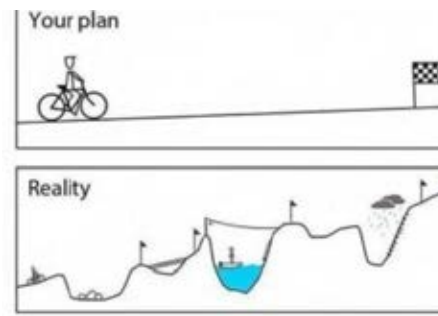
60% of the time when you begin a new project you don't get to see the sunlight...

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Mindset

- If you set a goal and you achieve your goal, then you should celebrate with Champagne! (Of course!)
- If you set a goal, and you are beset by challenges and obstacles, and nothing goes right, and you make the finish line anyway... Celebrate with two bottles of Champagne!



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Self Belief -

Greg

- What belief did you grow up with?

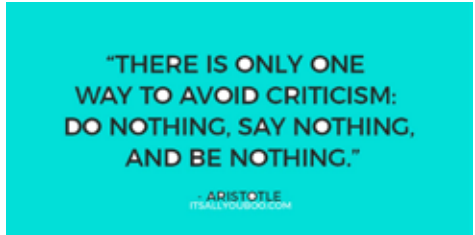


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Criticism -

- Be prepared for it and know how to respond



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Look for the Positives -

- Take the positives and learning out of every situation



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Positive Reinforcement -

- Get high! ie Neuro peptides



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Open to Learning -

Narelle



- See everything as a learning opportunity

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Set / Review / Refine Goals -



- Mind Maps – every area of life
- Visualise
- Adjust course where needed

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My Life -



- Be deliberate & intentional

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9. BALANCE IN PRACTICE

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Within


A program designed by one of Australia's premiere real estate success coaches to get you in the right mindset for a massive transformation of your investment results.

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Balance - In Practice

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Longevity & Vitality

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Tam

Daily Exercise -

A different perspective

Your Choice **ISN'T** to do or not to do

Your Choice **IS**:

- What
- When
- Where



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Sleep, Drink & Eat Well –

Target:

- 8 hours sleep
- 2 litres water
- Regular, organic fruit / veg & unprocessed food



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Daily Schedule –

- Physical Diary – Day to a Page
- Appointment with Self: Non-negotiable
- Schedule:
 - Morning Rituals - Meditation
 - Lunch
 - Yoga
 - Coffee with Husband 😊



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Prioritise SELF -

In order to be good:

- Mother of 2
- Mother of son with Autism
- Wife
- Daughter
- Friend

SELF
CARE IS
NOT
SELFISH



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Regular Small Rewards –

- 5 min Book, Magazine, Instagram, Ted Talk
- See, Do, Go Somewhere New Weekly
- Nurture Your Passions –
 - Indoor plants grown in water,
 - Collecting, Researching & Styling with Artefacts
 - Yoga
 - Travel



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Schedule / Organised

Narelle



- Diary
- To do lists



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Allocate Work Time

- Be disciplined
- Prioritise
- Use a decision matrix

	URGENT	NOT URGENT
IMPORTANT	Quadrant I urgent and important DO	Quadrant II not urgent but important PLAN
NOT IMPORTANT	Quadrant III urgent but not important DELEGATE	Quadrant IV not urgent and not important ELIMINATE

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Be Deliberate & Intentional -

- Clarity & Focus
- Choose your own adventure



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Create Space for Play -

- Scheduled Leisure time
- Exercise
- Spontaneity



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What Resets You?

Greg

- E.g. Exercise, Sport, Friends etc



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It's Your Journey No One Else's -

- It's not a race

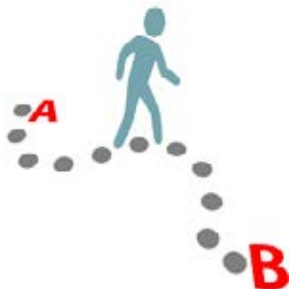


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Enjoy the Ride -

- Look back and see how far you have come



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Sleep -

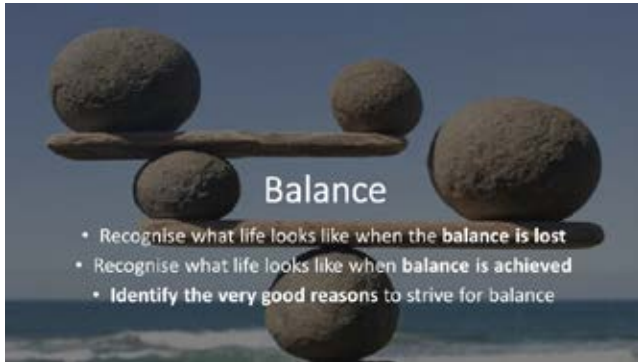
- Don't crash and burn



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Nicolle



Balance

- Recognise what life looks like when the **balance is lost**
- Recognise what life looks like when **balance is achieved**
- Identify the **very good reasons** to strive for balance

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The reasons why balance is important

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Balance

- Understand what **quality of life** looks like for me
- **Identify the values** and principles that make me feel fulfilled
- **Prioritise Values** e.g. health and fitness, family, soul expression; quality time for self and family; Travel

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Tools to Create Balance:

- **Boundaries:** The "dirty yes" vs. the "loving no"
- **Time Management**
- **Create Routine,** rituals and protect what is non-negotiable
- **Reward effort** and celebrate milestones
- **Cherish your team**
- **Compromise & Innovation**



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Tools to Create Balance:

- **Discernment**
- **The Five-Minute Fix:** Nature
- **Meditation and Breath**
- **Yoga or Physical exercise**
- **FUN!**



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The Benefits of Creating Balance:

- Flow and Fulfillment
- Happiness
- Living in the moment
- Living in Gratitude for what is
- Serenity and Composure
- Balance vs. Harmony



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REAL ESTATE

Melissa



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Balance Starts With A Choice -

- Make a conscious choice to live the life you love, then include it in every day



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Take Time Off -

- Its easy to become consumed with work (especially if you love it), take time off.
- Reset
- experience



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Allow Yourself to Experience the Things That Make Your Heart Sing -

- No one misses out



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Throw Out the Rational & Logical -

- Do things just because you can!



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Be With Nature -

- Get some rest, to replenish is important



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Remember to Live is to Experience -

- Have fun, love who you are



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Connect With Others -



Share love



Remember – you are never alone

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10. AN OPPORTUNITY TO STEP UP

*Dymphna Boholt and
ILRE Coaches*

11. THE MAGIC OF SOLITUDE & RITUAL

Dymphna Boholt

