



## Why Your Thoughts Are Blind-Siding You

When you are unsure of your capabilities in certain areas of your life, there is often a tendency to nurture negative thoughts. This can then become your habitual way of thinking on that matter and trigger problems when performing that task. The thoughts you consistently have about a task directly influence your ability to feel calm and confident while performing within that task... or not.

Your conscious mind is the reasoning, analytical and logical part of your brain, it's *constantly* reasoning and calculating ALL the information given to it. Therefore, the nature of your conscious mind is to seek answers by constantly asking questions.

While helpful at times, this continuous mental chatter can also be extremely stressful! *Especially* when it's focused on negative questions!

*Negative questions will make you feel insecure and unsure of your abilities, and have a negative effect on your general state of mind and well-being.*

It's the function of your conscious mind (when you ask a question) to switch to your subconscious mind to find the answer. This fundamental "switching" happens all day every day. This is because the subconscious mind is like a storage facility which contains everything you have seen, heard, *experienced* in your life. It also contains all the programs required for the functioning of your body.

Your subconscious mind is *super* powerful. As soon as your conscious mind asks a question, your subconscious mind automatically searches for the most relevant answer. It responds automatically to *every* question it's asked – which means if you're constantly asking yourself questions such as the following,

... and don't have the complete answer, emotional responses will be consistently triggered.

- Why don't people understand me?
- Why don't people listen to me??
- Why can't I get over spiders?
- Why does everyone else seem happy?
- Why don't I have more friends?
- Why am I so shy?
- Why do people ignore me?
- Why do I feel so lonely?
- Why don't I fit in?
- Why can't I be lucky in love?
- Why is everyone else in a relationship?
- What's wrong with me?
- Why can't I give up smoking/drinking/gambling?
- Why do I always feel so tired?
- Why can't I lose this weight?
- Why can't I think of the answers when I need them?
- Why am I always worrying about sex?

- Why can't I relax and enjoy sex?
- Why do I always feel anxious?
- Why am I so unmotivated?

Even if an answer *is* stored, if your focus is on negative analysis, one or more emotional responses will be triggered, resulting in further mental confusion... Which triggers more anxiety! And more thoughts about the related problem.

When you're in the habit of asking negative questions such as these, it makes you focus all your attention on what's depressing for you about your life. Which means that you will miss out on the plethora of answers which life is consistently directing you toward.

To regain your sense of power, you can take the following actions to rewire your brain to start thinking positively about the areas of your life which concern you.

## How to Empower Your Thoughts

Think of this as a mental strengthening exercise just like you may do body weight exercises to physically strengthen your body.

Every time you think about your problem and every time you worry about that problem occurring in future, resistance or some other emotional response can be triggered. You probably define many of these emotional responses as anxiety, frustration and anger.

To empower your thought sequence, first you must allow *every* emotional response to pass. Including that uncomfortable feeling of resistance, you have when thinking about having your problem!

Anxiety is a physical response caused by over thinking and negative thoughts, it's not the actual thoughts themselves. Like a sneeze, an emotional response feels uncomfortable in your body. Your heart starts racing... blood pounds through your veins.

Or it just feels like you're disconnected either mentally, emotionally or physically from yourself. In the past, you have tried not to feel this way, which then triggered more anxious and negative thoughts!

Resistance is another form of an emotional response, more of a momentary feeling of tightness or disconnect. It's like you've suddenly stepped outside of yourself. It's normal to feel resistant when you don't know how to solve your problem. It's also somewhat normal to feel resistant when you have the answer to your problem but you haven't gotten around to implementing it. Or you've started implementing it but you can't yet see the results of your effort, so you resist that fact!

The resistance stands between you and what you want. It's the final thing holding you back from all that you desire. And the more you stubbornly cling to that resistant state, the further you separate yourself from that which you want the most. The thing we all want the most is to feel relaxed and connected. We think that's what we will

feel when we have that thing and that's why we want it.

What we're searching for, is that feeling of connection, that lovely feeling we briefly have in the moment we get what we want. Then as soon as we have that thing, we want something else. The joy we seek is in the creation of the feeling.

It's important to note that the emotional response will always return the feeling of connection... if we let it.

Let's summarize the intense physical sensations of what we term a "negative" emotional response as increased heart rate! Muscle tension! Like a sneeze, those sensations are uncomfortable. But also like a sneeze, the intense physical discomfort is just a moment in time that will pass if you let it.

Let me reiterate – briefly switch your attention to allow those briefly intense, *physical* sensations which are present with resistance and every emotional response... and that associated discomfort will pass within seconds.

As you think again on the subject which concerns you, another emotional response may be triggered... increased heart rate! Muscle tension! This is a normal part of the process, just switch your attention again, to allowing those briefly intense physical sensations to pass with the ease of a sneeze. It may also just be a feeling of internal disconnect. Either way it's uncomfortable. Switch your attention to that discomfort and it will pass within seconds.

If you feel resistant, you need to allow that. Understand that it's just that moment in time and as you switch your attention to allow the discomfort, the uncomfortable feeling of resistance automatically disappears.

Now you feel clear, continue to repeat the process. Think of the thought which triggers you, then allow the physical emotional response. If it's just a feeling of resistance, it's not a big deal, it's just an uncomfortable feeling and gone. Think of the thought which triggers you, then allow the associated physical response.

You will notice that each time you go through this procedure, the intensity of the emotional response attached to that thought, decreases. This is because you are consistently reducing the negative emotion which was previously attached to that or those thoughts.

Because your mind can only focus on one task at a time, switching to the physical sensations of an emotional response will immediately stop your negative thoughts from snowballing.

This works like a reset button, so you can now think clearly. The above technique will get you in the habit of immediately allowing an emotional response or resistant state to pass when you start having negative thoughts about any issue which concerns you throughout the day.

Which means that you will become (and feel) more empowered to take action!

### **How to Then Empower Your Thoughts Throughout the Day**

So now that we're getting into the habit of allowing the feeling of resistance instead of fighting it... and we're allowing the physical sensations of an emotional response to pass instead of trying to ignore that discomfort, whenever something triggers us

and we start thinking about our problems.

That's the first step in the process. To get out of the habit of thinking negatively throughout the day, next you will change your previously negatively focused attention in a more positive manner.

Now it's time to refocus your attention on reframing those questions you repeatedly say to yourself. This will help you get you out of the habit of constantly thinking negatively about the problem, so you can leave the analysis paralysis behind you.

We do this by reframing those negative why questions, into positive why questions.

Remember this is a mental strengthening exercise to be used randomly (and as required) throughout the day.

They are particularly powerful *after* experiencing a strong state of emotional resistance. For example, a random thought has entered your mind and you start thinking about your problem. That resistant state is triggered and you start becoming more and more pissed off that you have this problem. It starts feeling super uncomfortable occupying your mental space. Your thoughts are consuming you.

Your mind is chewing over the problem and the more you think about it the more annoyed you become. As your mind expands on the thoughts of why you have this problem you become even more resistant. There is no feeling of relief. No feeling of peace, no feeling of calm. It is just a constant state of discordance. In this state, you are completely out of sync with yourself and feeling more annoyed by the minute.

Everything triggers you. The more you think about how annoyed you are about this problem the more annoying things happen to you. Drivers pull out in front of you. You stub your toe. You spill your coffee. Your kids annoy you. Your partner appears to be annoying you with unnecessary questions.

In truth, you are in a state of emotional resistance. You cannot feel calm because you're trying not to feel the uncomfortable sensations associated with being in that state, because they annoy you even further!

From this position, you're automatically on the defensive. You'll turn even the most innocent comment into something demoralizing and offensive in your mind. You're focused on the worst outcome. You overwhelm yourself and then wish for nothing more than to bury your head in the sand. You're done. You're over it. You just want it all to end.

You've almost given up on ever ending your problem because you can't see past it. It consumes your focus, it is your most dominant thought. Yet, there's nothing you want more, than to be able to relax and feel connected. But you can't, because you're being resistant.

How did that start? It started with emotional resistance. The physical sensations of an emotional response were triggered and you resisted them.

As you now know, you can't experience peace without first allowing it. By default, the peaceful state you wish for is at the *end* of the emotional response. It's found in that moment of allowance, of acceptance of the moment of "what is" or what has been triggered in you. That moment in time which you can reach with the ease of a sneeze.

It is our habit to focus our attention in a negative manner. It is our habit to block the sensations of an emotional response. It is our habit to try to stop feeling resistant. But that's not how our brain works. If you were to flip a coin, resistance is on one side and peace is on the other. Without allowing that resistant feeling you don't switch to the peace which is waiting for you on the other side.

When we only look at the thing that we are resisting we don't see that peace, we don't experience the peace nor do we even allow it. By focusing our attention on those resistant thoughts, we continue to focus on the problem instead of being determined to allow the answers to the problem to find us.

When we stop fighting the emotional resistance we can then feel calm and inspired, we're given new direction, we see opportunities right in front of us. We have answers, we feel empowered and we feel a new sense of strength and purpose in our life.

This is when it's so important to continue to redirect our thoughts and attention into a new direction. Otherwise, by default, we may return our thoughts back to our habitual doubts and point of negative focus. Simply because it is our habit to do so. This is the habit we must get out of doing. Or else we will continue to trigger emotional responses and the associated resistance to feeling them and to having our problem.

You know when you're being resistant. You become stubborn. You insist on your thoughts (or words when you are with someone) being heard. If you were to switch your attention you would admit that it feels intensely uncomfortable in your body. Your mind is being judgmental and obstinate. You are perversely aware that you are indulging in being negative but you just can't seem to help yourself.

This is how you recognise the state of being in emotional resistance.

It just doesn't feel nice being you, you feel completely out of sync with yourself and you don't like who you are in that moment. However, you are insisting on it.

Resistance and insistence kind of go hand in hand. The more you insist that you have been wronged, the more resistant you become.

### **Here's what you need to do:**

Step 1: Recognise that you are in a state of being resistant. Oops. As you consistently apply this technique you will start being amused when you catch yourself out. This is because underneath all that resistance is your natural state of joy. One day you'll just suddenly realize that you're being a dick and start smiling at yourself as you allow that brief moment of discomfort to pass.

Step 2: Resistance is just another version of the emotional response. You know it's there because it also feels distinctly uncomfortable in your body. Stop fighting that feeling and it dissolves in seconds, with the ease of a sneeze. If that feeling doesn't leave in seconds, it's because you're analysing how it feels instead of just allowing it to be aaahhhhhhhh.... choo! Gone. And you've reached that momentary peaceful feeling.

Step 3: Now we want to refocus your attention so you don't default back to feeling

sorry for yourself. We have many inbuilt “tweaks” which we can use to feel better in an instant.

Because your subconscious mind also contains a database full of happy memories which make you feel good, you can simply switch your attention to one of those feeling-good memories and you will start feeling better right now.

This is because your subconscious also contains the programs which relax your body and make you feel good... so as you switch into those happy memories, you switch into the feel-good programs as well. We trip ourselves up when we mentally compare how we are feeling now in comparison to then, instead of simply indulging in how good that memory makes us feel now.

It’s normal for the mind to start making comparisons and when the mind does this, emotional resistance may be triggered. So, what do you do? You allow it to pass, because you know that it’s just that moment in time.

Keep reaching for those feel-good feelings throughout the day. How does it feel when you’re stroking a cat or dog, or watching the sun rise, or doing something that makes you feel uplifted? Feeling relaxed and in a moment of contentedness? How does it feel when you have your first external feeling fix of the day such as coffee? You have memories of all of these feelings which means you can switch into those feel-good feelings at any moment in time you desire.

Because your mind can only focus on one line of thought at a time, asking yourself empowering questions can further take your focus off your problems and an associated pity party and help you get back on track to feeling good about yourself and your ability to take charge of your own self, *and* change your situation. It enables you to upgrade your thinking process.

These questions will empower you to contemplate what your new strategy will be for overcoming your issue, which can in turn lead to relevant answers. Instead of fighting the perceived belief that you don’t have the answer it will inspire you to find relevant answers and will also inspire you to achieve success in your endeavour.

Why use the question why? Because it stimulates your brain to provide an answer. Whereas if you used the word How, you may simply overwhelm yourself with endless possibilities and further trigger more emotional responses. Remember that’s the word you’ve been using in your endless questioning prior to now (how, and, Why me???)

Especially if you don’t know the answer, How, will often trigger more emotional resistance because you don’t have the answer. And if you’re feeling overwhelmed you won’t take action, you’ll be more inclined to decide to bury your head in the sand and hope that your problem will magically disappear by itself.

Choose the question (or questions) which are most relevant for you, or make up your own, using the following format:

- Why is it so easy for people understand me?
- Why do I always feel heard?
- Why is it easy for me to be close to spiders?



- Why is it easy for me to be happy?
- Why is it easy for me to make friends?
- Why is it easy and enjoyable for me to talk to people?
- Why do people listen to me?
- Why do I feel so connected with others?
- Why is it easy for me to be lucky in love?
- Why is it easy for me to be in a mutually fulfilling relationship?
- Why do I so easily fit in?
- Why do I feel so good?
- Why is it easy to give up smoking/drinking/gambling?
- Why is it easy to be a non-smoker?
- Why do I always feel so full of energy?
- Why am I my ideal weight and body shape?
- Why is it so easy to remember the answers?
- Why am I so relaxed when thinking about sex?
- Why is it easy for me to relax and enjoy sex?
- Why do I always feel calm?
- Why am I so easily motivated?

Now you may have noticed that when you asked yourself some of these empowering questions, another emotional response was triggered - increased heart rate! Muscle tension! Or you felt resistant and uncomfortable.

This is a normal part of the process. It's important to switch your attention to allow those briefly intense physical sensations to pass with the ease of a sneeze.

This allows you to feel clear... which means you can think clearly and rationally.

Repeat the process. Ask the new question, allow the physical sensations of the associated emotional response, or that momentary feeling of disconnect. Ask the new question, allow the associated emotional response. Ask the new question, allow the associated emotional response.

It is likely you will feel resistance toward doing this process. That's normal, remember that resistance is just another emotional response. It's often triggered when you can't be bothered doing something. Allow it to pass with the ease of a sneeze and you will feel like you are making headway with this whole process.

It's interesting to note, that when you remove your own resistance you will naturally feel heard, understood, happy, friendly, connected, joyful, appreciated, loved, relaxed, energised, healthy, confident, attractive, calm and motivated!

You will notice that each time you go through this procedure, the intensity of the emotional response attached to that thought, decreases. This is because you are consistently reducing the negative emotion which was previously attached to that or those thoughts.

Remember, whenever you ask yourself a question, your subconscious mind will automatically begin to search for the most relevant answer.

If you don't have the answers, you will feel motivated to possess them.

**Whenever you fall back on the habit of thinking negatively about that topic, apply the same sequence.** Because this simple strategy enables you to consistently influence the direction of your thoughts.

Negative thoughts tend to be immediately followed by a resistant emotional response which feels uncomfortable, so it triggers more anxious thoughts.

The reason I call this technique: "With the Ease of a Sneeze!" is because just like a sneeze, those intense and uncomfortable *physical* sensations related to a resistant emotional response will always pass within seconds.

Which means you can now think clearly.

Think of an emotional response as being a reset button. It refocuses your attention so you can feel calm and think clearly. By allowing the *physical discomfort* of an emotional response, you will always be able to interrupt a stream of negative thoughts.

Do the above mental strengthening exercise as required, when thinking of a subject which triggers you. Along with having a complete strategy in place which makes sense to your brain, you will more easily be able to overcome whatever issue is challenging you.

I believe in you and it's time you did too.