

Inner Circle - 21st August 2016

They always tell you to focus on what you 'do' want... well what about your past!

A person is the sum of their past, but not limited by it. The things that have happened, have happened, it's the way we choose to respond to them that is the measure of our character.

We cannot change the past, but we can change the way we feel about it...

Cleaning Up the Past

- Close your eyes and take in a couple of deep breaths...
- Imagine floating up above your Timeline. See a string of wonderful holiday memories, birthdays or celebrations stretching back into your history... the past.
- From this comfortable position high up above look along your Timeline and notice any experiences that don't serve you. Things that you did and said that were not you acting from your higher self. Unpleasant experiences or memories that haunt you, things you would rather be over.
- And as you notice one of those memories seeing yourself in that situation in the past, from this disassociated point of view, high up... shrink the image down in size, make it black and white, push it off into the distance... fast.
- Then take a moment to think of something good... either the way you would like to be in that situation or simply something else that is the you that is an even more awesome version of you.

I remember once talking to a friend of mine who had just become a parent. We were out together and she commented on how I stayed so calm when my son didn't do what I wanted, or made a mess and I didn't get stressed or upset (he was just a toddler at the time, as was hers). She asked me how I did it... I simply told her that I'd planned to be different. That I knew certain

things were going to happen and so I imagined the way I would like to act in that situation rather than just react to the situation.

Acting From Your Higher Self (Not Reacting)

- Take a moment during your day* to think about something you know could happen, that in the past when it did, you didn't act from your highest self in that situation...

e.g. someone forgetting to do something you asked them to do for you as a favour and in the past you've got annoyed because of it... or your kids making a mess and you got stressed... or something happening and you lost you're cool and afterward regretted shouting...

- Instead create a new alternative. Imagine you being more resourceful... being calmer, more lucid of thought and coming from a better place. Picture it, imagine how you would act and what you would say... and notice how good that feels to be the better person.
- Plan to be an even better version of you :)

*This can be during exercise, meditation or even in the shower, not while driving etc only when you can focus.

If you do this short 1 minute exercise each day (once, twice or even three times a day), for a week your unconscious mind will start to generalise and you will start to become the kind of person who acts in that way without having to plan for it.

Try this super simple exercises and see for yourself how effective it is at reprogramming your mind so you act in the way you want rather and simply react to a situation.

As I mentioned in the Webinar, the Effortless Success Activator is the same... but different. It's about deliberately attaching good feelings to your future memories.

Nature abhors a vacuum, when you clean something up, put something good in its place.