Rule 1: There is nothing more important than feeling good.

The desire to feel good is our built in, hard wired core motivation. But our brains are also hard wired to look for bad things to ensure our survival, and our culture often tells us it’s selfish to want to feel good. Therefore, most of us continue to be fearful much of the time (survival instinct) and sometimes we think we’re bad for wanting to feel good (cultural conditioning).

Imagine if you felt really, really good the vast majority of the time. You would be uplifting to those around you. You would help others to see and believe that it’s possible to feel good and be happy. You would be more productive at work. All your relationships would be so much easier. You would know that you’re a blessing to the world.

Because we want to feel good and because we haven’t learned the rules for how to genuinely feel good, we sometimes end up doing things that help us feel good temporarily but may have negative consequences. Drinking too much, eating too much junk food, screaming at our children/spouses/partners, and over-spending are just a few examples.

When you set your intention to feel good from the inside out, you are implementing rule 1 of the journey, and good things will follow.
Rule 2: (a) Your life experience is created by your perception. (b) Your perception is created by your thoughts and beliefs. (c) Your emotions are a response to your thoughts and beliefs. (d) The foundation of your perception was created in your childhood.

There are five ways your perceptions, thoughts, beliefs, and emotions (and therefore, your reality) are created.

1. You inherited thought, belief, and emotional patterns from at least two generations prior to yours. These patterns were passed on to you genetically.
2. You absorbed thoughts, beliefs, and emotions from parents and caretakers prior to your birth, while in utero.
3. You absorbed thoughts, beliefs, and emotions from parents, caretakers, and significant others in your life throughout childhood.
4. You may have experienced one or more significant distressful events during childhood such as a traumatic birth, neglect, a serious injury due to car accident, a serious illness, physical abuse, sexual abuse, etc. Such events led to specific thoughts, beliefs, and emotions even if you don’t consciously remember them.
5. You responded to the thoughts, beliefs, emotions you received in childhood as well as significant distressful experiences with the mind of a child, a mind that was capable of very little logical understanding. This led you to think certain things about yourself. You assumed that the bad things that happened around you, and to you, were your fault. (Children believe they are the center of the universe and that everything revolves around them. Therefore, in their minds, anything that happens must have happened because of them.)
HOW THE TEMPLATE OF REALITY IS CREATED

Inherit thoughts, emotions, patterns from at least the previous two generations

Absorb thoughts, beliefs, emotions while in utero

Absorb thoughts, beliefs, emotions, patterns during childhood

Experience significant distressful event(s) in childhood

Respond to all the above with the mind of a child → Many inaccurate thoughts and beliefs + some false impressions of self + some negative expectations of self, others, life = Template of Reality
Rule 3: (a) Everyone has negative core beliefs. This is because of Rule 2. (b) Everyone has thoughts and beliefs that are not true. This is because of Rule 2.

Here are some (not all) common core beliefs. Remember that you and everyone you know has at least one or two negative core beliefs.

- I’m not good enough.
- I’m not enough.
- I’m bad.
- I’m not safe.
- I’m unlovable.
- I’m worthless.
- I’m helpless.
- I’m weak.
- I’m guilty.
- I’m different.
- I’m wrong.
- There’s something wrong with me.
- I’m defective.
- I have no control.
- I’m powerless.
- I’m stupid.
- I’m ugly.
Rule 4: The first goal in life is to remember who you really are.

In your mind you have created a story about who you are. The story was created by your perception of who you are. This perception, much of which is based on inaccurate thoughts and beliefs, has led to choices, decisions, and behaviors that likely have created some painful life experiences. The surest way to stop these negative patterns is to remember who you really are.
Rule 5a: You are not your story. Who you really are is the Observer of your story.

You are capable of observing your own thoughts. You are capable of wondering why you thought this or did that or why you chose a certain career or married a certain person. This is called metacognition. You can think about your thinking. Who you really are is the part of yourself that thinks about your thinking. Who you really are is the Observer of your thoughts, feelings, and behaviors.

As far as we know, we are the only life form on planet Earth that has the ability of metacognition. Therefore, we know it’s very important and unique to our human experience.

The Observer does not judge. It just observes. When you judge yourself - your thoughts, feelings, behaviors - you are in the Judge state of mind, otherwise known as the ego state. When you’re in the Judge state of mind, you are usually experiencing low self-worth, feeling guilty, or defensive about your perceived “defects,” or you are busy trying to be good, even perfect, so that you will survive what you perceive as a stressful human experience.

The Judge part of you believes your negative thoughts and beliefs. The Observer knows your negative thoughts and beliefs are false, that they are simply a product of the thoughts, beliefs, and perceptions you built from childhood (without understanding what you were doing).

Sometimes the Judge is so extreme that it becomes the Nasty Critical Voice that says all kinds of very negative and very untrue things to you about yourself. It’s so important to be aware when it’s the Nasty Critical Voice that’s talking to you and to realize it’s a creation of your ego. In a strange kind of kind way thinks it’s trying to protect you. It is NOT protecting you. It’s actually quite harmful to you.

Acknowledge the Judge (or Nasty Critical Voice) state of mind when you’re having negative thoughts and feelings about yourself and others. Then consciously, deliberately, and intentionally leave that state of mind.

Enter the Observer state of being by closing your eyes and acknowledging this part of yourself that is able to think about your thinking, your experiences, your feelings. Now imagine there’s a large movie screen in front of you. Play any scene from your life experience on the screen. As Observer watch yourself on the screen.

Observe with wonder and acceptance the thoughts that come and go to the person on the screen, and the feelings that occur in response to thoughts. Notice that feelings change when thoughts change. Behaviors change when thoughts and feelings change.
Rule 5b: You are not your story. Who you really are is the Director of your story.

It’s easy to step into the nonjudgmental Observer state of being when you understand that all your decisions, choices, and behaviors up to this point were done without understanding the rules of the journey, that you were writing your story by default (through the lens of your perceptions, thoughts and beliefs that began in childhood).

As you release the Judge state, and step into the Observer state, you can also become the Director of your story. As Director, you choose your thoughts and beliefs deliberately and with intention. You choose thoughts and beliefs that are in alignment with the life experiences you wish to have. You are now no longer creating the story by default. You are now writing and directing the story.

So, who you really are is The Observer, and The Observer can choose to also be The Director.

Close your eyes and enter the Observer state of being. Imagine the movie theater screen in front of you. Play a scene from your life you’d like to change. Imagine that you swipe the screen up (like on your tablet or phone), out of the theater and into the sky and all the way to the sun where it disintegrates in the sun. Now there’s another blank movie screen in front of you. Play the scene on the movie screen as you wish it to be. Even if this scene happened in the past, doing this will give information to your unconscious that this event has changed for the better. (Time is just a tool for keeping order in your mind. The unconscious believes what you program it to believe. While you will always know what happened, you will begin to feel differently about it, and this will change your perception.)

When you acknowledge The Observer and Director parts of yourself, you understand that you are, and have always been, the Hero in your journey. Why? Because you have faced many obstacles in your life and are still standing, still going, still trying, even without the rulebook! Imagine that you are in a football game, and you don’t know the rules. You’re the quarterback, and you have no idea what a quarterback does. You get knocked down every time the center hikes the ball to you, but you keep going. You start to get the hang of it just as the game is about to be over. That’s a really hard way to learn the rules of the game. At the end of the game, the crowd gives you a roar of approval for trying so hard, and then the game is over. Would you not enjoy that game a whole lot more if you knew the rules going in?
Even after learning about the Judge (including the Nasty Critical Voice), Observer, and Director, it’s common for people to remain in the Judge state of mind most of the time. As you get the hang of this, you’ll be able to stay in Observer more often. The Observer state of mind will bring you a peaceful perspective, so it’s good to stay there as much as possible. Enter the Director state when you need to change a negative emotion, and/or because you want something that’s important to you, something that will bring more joy and peace into your life.

Stay out of Judge as much as possible. Judgment of yourself and others will just bring you down because you are thinking thoughts that feel bad. This will continue a story line that brings more of the same. In other words, you get what you focus on, so focus on what you want and not on what you don’t want.
Rule 6: Use intentional, deliberate thoughts, emotions, images, and sounds to create your desired story (desired life experience). This process is easily learned.

You will now use the very same process that created your life experience by default, but you will do it deliberately and with intention. Your brain was “programmed” by thoughts, emotions, images, and sounds from before your birth and since your birth. Now that you’re in on the game, you know that much of what you believe and perceive is inaccurate because you were responding with the mind of a child.

Now that you’re an adult (or adolescent), you have good logic and reasoning skills. You understand how this works. In Rule 7, you’ll learn exactly how to reprogram your brain.

It really is as simple as this:

- When you are feeling strong negative emotion while thinking about something negative that has happened in your life, you are in that moment, creating more of that experience. If you continue to dwell on this, you will, by default, bring more of that experience into your life.

- When you are feeling strong positive emotion while thinking about something positive in your life, you are in that moment, creating more of that experience. If you continue to dwell on this, you will bring more of that experience into your life.
Rule 7: The unconscious mind controls 95 to 99% of your behaviors and feelings. Use your conscious mind to reprogram your unconscious mind using the A-B-C process.

The thoughts and beliefs you received in childhood are in the unconscious mind. Your perception of reality and your perception of yourself are in the unconscious mind. Use the following steps to reprogram the unconscious mind and write a new story.

Step A – Use your emotions as guides.

When you feel negative emotion, STOP, and notice what you’re thinking. Immediately go into Observer mode and notice the thoughts.

Your unconscious will send you a negative emotion when you need to re-write a particular aspect of your experience. When you feel a negative emotion, this is your unconscious waving a red flag and saying, “Remember who you are (Observer and Director) and notice what you were thinking when you had this strong negative emotion.

For example, let’s say your boss has criticized the way you’re doing a project, and you’re feeling very upset. This negative emotion is your cue to change your thoughts and beliefs around this subject.

You may notice that your thought process went something like this:

• Who are you to question me, you s.o.b.?
• I’ll show you a thing or two.
• Oh crap, maybe I’m doing this project wrong.
• Why am I always messing up like this?
• I’m just freaking worthless.

This last thought is a core belief (“I am worthless.”) Core beliefs affect us across the entire spectrum of our lives. It’s extremely helpful to rewrite negative core beliefs.
Step B – Change the thoughts.

You are still in Observer mode, but you are also now in Director mode. You are observing the thoughts and emotions as you change the thoughts in a very deliberate way. You are noticing which thoughts bring a better feeling. The new thoughts must be true. In other words, you must believe them. This is a bit like going up a ladder. With every rung, with each new deliberate thought, you observe that you are feeling better and better. Not all the thoughts will feel better. Not all thoughts will feel true. This is a trial and error process, and you’ll know when a thought is working because your feelings will tell you so.

The thought process in our example may go something like this:

- I really get upset when people question my competence or criticize me.
- Am I the only person who does this? Surely not. No, I know other people who are very sensitive to criticism. It must be common.
- Where does this come from? Why is this so upsetting to me?
- Am I actually worth less than other people? Why would I be worth less than other people?
- I’ve had people compliment my projects many times, so sometimes I really am competent and worth the paycheck I get.
- When is the first time I can remember feeling this way? Oh yeah, I got a bad grade on that art project in third grade, and I thought I’d done a really good job on it. I started doubting myself.
- How can you get a bad grade on an art project, anyway? Isn’t art just an expression of yourself? That teacher must have had the need to put people down. Yeah, I remember she did that with a lot of the kids in my class.
- So, sometimes I do well on these projects, and sometimes I don’t. It isn’t even about me as a person. It’s that I didn’t understand the vision of my boss.
- This whole thing about being worthless comes from something in my childhood no doubt. I had no way of understanding I wasn’t to blame when bad things happened.
- OK, I’m not worthless. I’m actually a caring person. I care about the work I do. I care about my family. I care about my children. How can a person who cares so much be worthless? That’s impossible.
Step C—Send new thoughts to your Unconscious with positive images, sounds, and emotions.

This is where you begin creating what you actually want instead of being run by the default program from your childhood.

You are now fully in the Director state of being. Decide what it is you actually want to think and believe, and then create images that go with the new thoughts and beliefs. The process may go something like this:

- **My new thoughts/beliefs are** “We’re all doing the best we can with our default programming. Worthiness is a myth. There’s no such thing as worthiness. I am a human being doing the best I can to be a good person, student, partner, parent, employee, and friend. Sometimes I feel good about myself and sometimes I don’t. That’s just the human condition.”

- **Mantra to repeat to self:** “I am who I am, and I’m doing the best I can. I am who I am, and that’s all I can be.”

- **Images and sounds to go with the mantra:**
  - I imagine that I’m at work, and my boss criticizes my work. I smile to myself because I know I’m doing the best I can, that I can’t always get it right. I go about making the changes my boss wants. He’s very happy with the result. I smile and feel very calm and peaceful. *I listen to a song that’s uplifting and peaceful as I imagine this.*
  
  - I imagine I’m sitting in a beautiful meadow and can hear a waterfall. I become aware that we are all doing the best we can. I think of all the people I love, and I feel a deep connection with them. I know deep in the core of my being that everything is ok. I see a woman walking toward me. I can feel that she emanates love. Her love looks like a light that comes from inside her and surrounds her as she walks toward me. She comes to sit in front of me in this beautiful meadow. She says to me, “I am the part of you that knows who you really are. All is well. All is truly, truly well.” I close my eyes and feel her loving presence. When I open my eyes, she has disappeared, but she has left a beautiful golden heart made of her golden light. It is sitting there in front of me. I pick it up and put it inside my chest. I feel her peace and joy which are my peace and joy. *I listen to a song that feels uplifting, joyful, and peaceful while imagining this.*
Important Note: Use the A-B-C process anytime to create what you want.

You can use this process even when you aren’t cued by negative emotion. You may just want to change some aspect of your life experience. For example, you may want to get a better job, make more money, find a partner, get married, etc. The steps are basically the same. Begin by consciously and intentionally releasing the Judge. Then go into the Observer/Director (metacognitive) state of mind.

(A) Notice old thoughts.*

Notice what you normally think about the subject (job, money, partner, etc.). More than likely you’ll find a good bit of negative thinking around the subject.

(B) Choose new thoughts.

Choose thoughts that feel good and will change your perception, and therefore, your experience around the subject.

“I’d like to get a promotion at work, but most of the time I don’t think that’s possible. I need to start believing that’s possible.”

“It must be possible for me to get a promotion. I see it happen to other people, even people who aren’t as good at their jobs as I am. That means it’s been my thinking that’s been holding me back. OK, so my new thought is I can get a promotion. I really can. That thought feels good.”

(C) Send new thoughts to your unconscious with imagery and sound.

“I imagine myself being called into my boss’s office. She smiles as I sit down. She says, “You know, you’ve been doing such a great job that I wondered if you’d be interested in becoming the supervisor in your department. Would that interest you?” I smile brightly and say, “It sure does! I’d really like to do that.” She says, “OK, we just need to fill out some paperwork, and you’ll go to Chicago for some training. We’ll have you on the job as a supervisor within the month.” I feel fantastic and excited! I listen to a playlist I’ve created that makes me feel really good. I imagine getting that promotion as I listen to my playlist.”

*You can skip this step after you’ve done this a few times because you’ll automatically begin to understand that your old thoughts are negative, and it doesn’t really matter what they are because you’re going to change them to reflect what you really want.
REPROGRAM YOUR UNCONSCIOUS WITH STEPS A-B-C

**A** Negative Emotion

**B** Change Thoughts

**C** Send New Thoughts to Unconscious [using imagery, sound, & emotion]
Rule 8: To change your perception (thoughts and beliefs), you must employ the three scientifically verified criteria for doing so -- frequency, intensity, and duration.

(1) Frequency: Think the new thoughts throughout the day. A good rule of thumb is to think the new thoughts when you first awaken, then once an hour, and then as you’re going to sleep. (You can write them on a notecard and read them. You can also record them in your phone and listen to them.)

(2) Intensity: The intensity comes from the emotion. The images and sounds you use will bring the intensity. As you say the new thoughts to yourself and see the images, feel as much intense positive emotion as possible. This is more easily and powerfully done when you listen to songs that create positive emotion as you repeat the thoughts and images.

(3) Duration: Continue the process for three to six months, or until you’ve created the new job, partner, income, etc. that you’re seeking. Even if you haven’t created it by the end of six months, you have sufficiently entered it into your unconscious so that it is automatically running. It will come to you when the time is exactly right.
Rule 9: All of your power, every single bit of it, exists NOW.

Your power to change doesn’t exist in the past, and it doesn’t exist in the future. It exists right now. You can change your experience of the past, and you can create what you want for your future. *You can only do this in the NOW, and you do it with the deliberate choice of thoughts and positive emotions that propel those thoughts.*

Einstein let us know about a century ago that time is relative, not absolute. Our brains are wired to experience reality through our sensory systems and to perceive the passage of time. This keeps our experiences orderly and understandable. However, NOW is all that we can ever experience, whether our feet are flat on the floor in the moment, or we are using our minds to think about something in the past or the future (while our feet are flat on the floor.) From the point of NOW, you have the power to experience and create life experience, and you do this with your thoughts, beliefs, and emotions.

You can change your emotions in any given moment by changing your thoughts and creating a different perception, and you can only do this in the NOW.
Rule 10: If you are a music lover, use music intentionally and deliberately to help you change your thoughts, beliefs, emotions, and perceptions.

Music is a mysterious force, but it is definitely a force and an extremely powerful one. There is no known culture on earth that doesn’t have music. That’s clue #1.

Hearing is the first sense to develop in the womb. That’s clue #2.

For most people, the fastest and most powerful way to change a mood is with music. That’s clue #3.

Have you ever heard a song that suddenly transported you back to what you were experiencing when the song was first popular, or when you first heard it? If so, you know that you have access to memories and feelings as if the experience is happening all over again. That’s BIG clue #4.

Music connects us with other people. We hear songs, and we think, “Oh boy, I understand this. I get this. This song is exactly how I feel.” We have special songs for special relationships. (To this day, when I hear Linda Ronstadt singing All My Life, my heart speeds up, and I am so moved, I usually tear up. All it takes are the opening strains and I’m transported back to the day I first heard that song, the day after I fell in love with the man who would become my husband. As far as I was concerned, that song was written especially for me.)

What is good music and bad music? Good music is any music that makes you feel good. Bad music is any music that makes you feel bad.

So, the first thing you want to do is pay attention to how music is affecting you. If it makes you feel bad, change the station. If it makes you feel good, turn up the volume. If you’re in a bad mood, choose music deliberately to get you in a good mood. Create playlists of songs that always lift you up and listen to them regularly.

When you’re in the process of changing thoughts, and you get to the part where you’re emphasizing your new thoughts with images (step C), have music playing in the background that matches the emotion you’re wanting to create with the new thoughts. You can pick one to three songs that match the new thoughts and emotions as you’re going through step C of the process. Then listen to those songs at least once or twice a day for a week.
Rule 11: There is no value in blaming others for injustices you perceive have been done to you. There is great value in understanding that your perception creates your reality, and your perception is always your perception and your responsibility.

Oh, this is a hard one, I know. One of the first things I’m asked about this rule is, “What about when I was a child? Am I responsible for what my mother, father, aunt, uncle, cousin, etc. did to me?” The answer, of course, is no. You aren’t responsible for other people’s behaviors.

What is so vitally important to remember is that NOW you have a choice in how you respond to other people’s behaviors toward you, and this choice begins after your brain has sufficiently developed to be able to make choices and decisions. The brain has the ability beginning at about age 12 to use logic and reasoning. So, an adolescent has the basic ability to understand these rules and can learn to apply them.

You now understand that your perception of yourself and reality was built from previous generations’ beliefs and experiences, from thoughts and beliefs you absorbed from those around you in utero and infancy, from significant distressful events in childhood, and from your response to all of this during childhood with the mind of a child. Now it becomes apparent, does it not, that everyone in your life is dealing with the exact same rules?

Anyone who has ever treated you badly did so from a place of not understanding the rules and therefore, not taking responsibility for their own thoughts, beliefs, perceptions, and behavior. This person was most likely acting out the thoughts, beliefs, and perceptions he or she received and developed as a child.

When you continue to blame others for a bad experience or outcome in your life, you shut down the choice you have in changing your perception. In shutting that choice down, you continue to suffer with the negative emotional reactions as you continue to think about and blame this person.

Remember that your power is NOW. When you continue to think about the past and blame others, you are bringing this into your NOW which only creates more of it.

Use the strategies you learned in Rule 7 to liberate yourself from a difficult past experience. Set yourself free!
Rule 12: Sometimes, with no conscious awareness, and certainly no conscious intention, you may “choose” to be unhappy or unhealthy in some way that provides a benefit to you.

I call this rule “the lesser of two evils” because we sometimes unconsciously choose a bad experience because it’s not as bad as another experience.

Let me give you some examples.

Students sometimes choose to have loads of anxiety because the anxiety ensures they will do their school work. They unconsciously believe that it is better to have anxiety than to fail in school.

Some people unconsciously hold on to extra weight because they unconsciously believe being overweight is better than having to deal with an intimate relationship.

Some people unconsciously choose sickness because they unconsciously believe being sick is better than having to deal with their spouse’s desire for sex, or better than having to deal with the stress of a job, or just the stress of living life in general.

Does this mean these people are to blame for their anxiety, weight, or sickness? No. They have no idea their unconscious minds made this decision.

If you’re having a chronically negative life experience such as not finding a partner to share life with you, or you can’t seem to lose weight no matter how hard you try, or you’re experiencing an illness that stops you from doing certain things in life, or any other ongoing negative life experience, ask yourself these questions:

1. What would happen if I no longer have ________________? (Fill in the blank with the negative life experience.)
2. What are the benefits of having ________________?
3. When did I first experience this? What was going on in my life? Was there something I was truly afraid of? Did I unconsciously choose ________________ so that I wouldn’t have to deal with whatever made me so afraid back then?

If you discover the “the lesser of two evils” has been operating in your life, keep that awareness in your conscious mind while simultaneously using the strategies in Rule 7.
Rule 13: There is a “template of reality” in your unconscious that is running continuously. The foundation of this template is built primarily from the reality you experienced in childhood. You unconsciously pattern match to this template.

The template is made of thoughts, beliefs, feelings, and perceptions. Pattern matching usually occurs when we pick out friends, partners, husbands, wives, etc. who treat us the way we were treated in childhood and/or who evoke in us the same kinds of good or bad feelings we experienced in childhood.

Things can get very difficult when two people come together who pattern match to each other’s worst experiences in childhood. Let me give you an example:

Marsha grew up in a home in which she was neglected, not to a severe degree, but to a degree that led to the belief that being neglected is the way reality is. Now let’s say she married Tom. Tom grew up in a home in which his parents were always fighting, and he learned to tune them out, so he could survive the emotional and verbal abuse around him. This led him to believe that in a successful relationship, you can never argue, and it’s best just not to talk about anything, it’s best just to live side by side without too much talk or emotional connection. To do otherwise would just invite problems.

Now can you see how this couple’s pattern matching have brought them face to face with their own deep issues? Tom tunes Marsha out, and Marsha feels neglected, but Marsha’s not happy with feeling neglected, so she starts nagging Tom about it. Now Tom is reexperiencing his childhood as they begin to have more and more fights. And Marsha continues to feel neglected because Tom will fight for a little while, and then slam the door and leave the house. He won’t come back until the next day, leaving Marsha with that same old feeling of neglect and abandonment. When Tom comes home the next day, it starts all over again.

Pattern matching occurs in all kinds of relationships (i.e. not just romantic ones). The template of reality in our unconscious is running 24/7. We automatically and unconsciously pick out people who meet our expectations, and these expectations are held in our unconscious mind.

To change relationship patterns, the first step is to become aware of them. The second step is to use the A-B-C strategy in Rule 7 to change them.
In Conclusion

Some people seem to know these rules instinctively and avoid repeating thoughts, beliefs, and patterns from childhood. Some people begin to “get it” as they get older. They may not know the rules explicitly, but they know they don’t want to repeat a bad experience, and they change their thoughts around it. This changes their experience.

Knowing the rules and using them can change your life! There are two basic ways to implement these rules in your life.

First, respond to negative emotion in real time every single day. Let negative emotion be the guide it’s intended to be. Do the following:

1. Release the Judge state of mind, and enter the Observer state of mind. Understand that who you really are is the Observer of this human life experience.
2. Change your thoughts—
   a. Enter Director state of mind and change your thoughts to reflect what you really want to experience.
   b. You are finished when you reach the point that you are free of negative emotion and are clear about what you want to experience. At this point, you will know the thoughts that are in alignment with what you want to experience.
3. Listen to music that uplifts you throughout the day while simultaneously thinking the new thoughts that are in alignment with what you want to experience.

Second, set aside some time every day, and think of it as your creative workshop. Spend 20 to 30 minutes doing the following:

1. Decide what you want in an area of your life.
2. Enter Observer and Director state of mind.
3. Write your new thoughts around this until you come up with a good mantra (one or two sentences) that describes clearly and concisely what you want. Write this on a notecard or record it in your phone and revisit the mantra several times a day.
4. Create images (moving images like movies are best) with sound (dialogue) and background music (one to three songs that make you feel great) that go along with your mantra.
5. After you’ve completed this process, focus on your mantra and movie several times throughout the day as well as when you wake up and as you’re going to sleep. Listen to the songs you selected for your movie throughout the day.

*You can use the Change Your Thoughts form at the end of this document to help you get started.*

My online course, Core Healing, goes into much greater detail and takes you through a step-by-step program to create the life you want. Coming in 2019!
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