

Create The Life You Love

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Who Are You

So who are you? And by this I mean – your state of being in this moment.

- From a metaphysical perspective you are pure light.
- From a physics perspective you are Energy. Atoms whose vibration has been slowed down enough to be perceivable by the five senses.
- From a Psychology perspective you are the sum total of your emotions, beliefs, values, and experiences. So who you are today is your State Of Being. Your attitudes, beliefs and perceptions are your state of being and create your personality.

You have a physical body with a nervous system. So you are spirit being with a nervous system in a meat suit.

You are a miracle.

Lets look at the Mind

You have a conscious mind - responsible for logic, reasoning, creativity. This is how you experience thoughts, feelings, emotions. Your conscious mind is responsible for your experience of life and give rise to free will. Of your entire mind, the conscious mind is only 5%.

Then we have an invisible shield that we call the critical facility. Which allows you to make judgments about what is real or imagined. For example, a child doesn't develop a critical faculty until about the age of 7 so they perceive everything as real. An adult can make the distinction which is why, when you watch a movie about a guy who wears a red suit and saves the world, you can allow, for the purpose of entertainment for it to be real. Or else you'd be sitting there say – that's not real, men can't fly.

You have an unconscious mind – this is the power house of your physical being. You all know about the unconscious mind? It's that part of your brain that runs all the systems outside of your awareness. It's responsible for skills, habits, emotions, hardwired behaviours, conditioned responses, memories, attitudes, beliefs, perceptions, routine thoughts and feelings.

Your unconscious mind is 95% of your mind.

And you have a Higher Mind – which is your connection to the collective conscious, and your connection to the astral or spiritual plane.

Lets take a look at the Unconscious mind. The Prime Directives of the Unconscious mind to be specific.

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Prime Directives of the Unconscious Mind

I want to begin by talking about the unconscious mind – who is aware that they have one. If you don't think you have one then let me ask you, when you were asleep last night who was breathing for you? The unconscious mind runs all the programs in our body that we aren't aware of. Also, all growth and change occur at the unconscious level. So when I'm coaching I work with you at the unconscious level.

So what does it do .

- Stores memories
 - ♣ Temporal (in relation to time)
 - ♣ Atemporal (not in relation to time)
- Makes Associations (links similar things and ideas), and Learns quickly .
- Organises all your memories
- Represses memories with unresolved negative emotion
- Presents repressed memories for resolution
- May keep the repressed memories repressed for protection

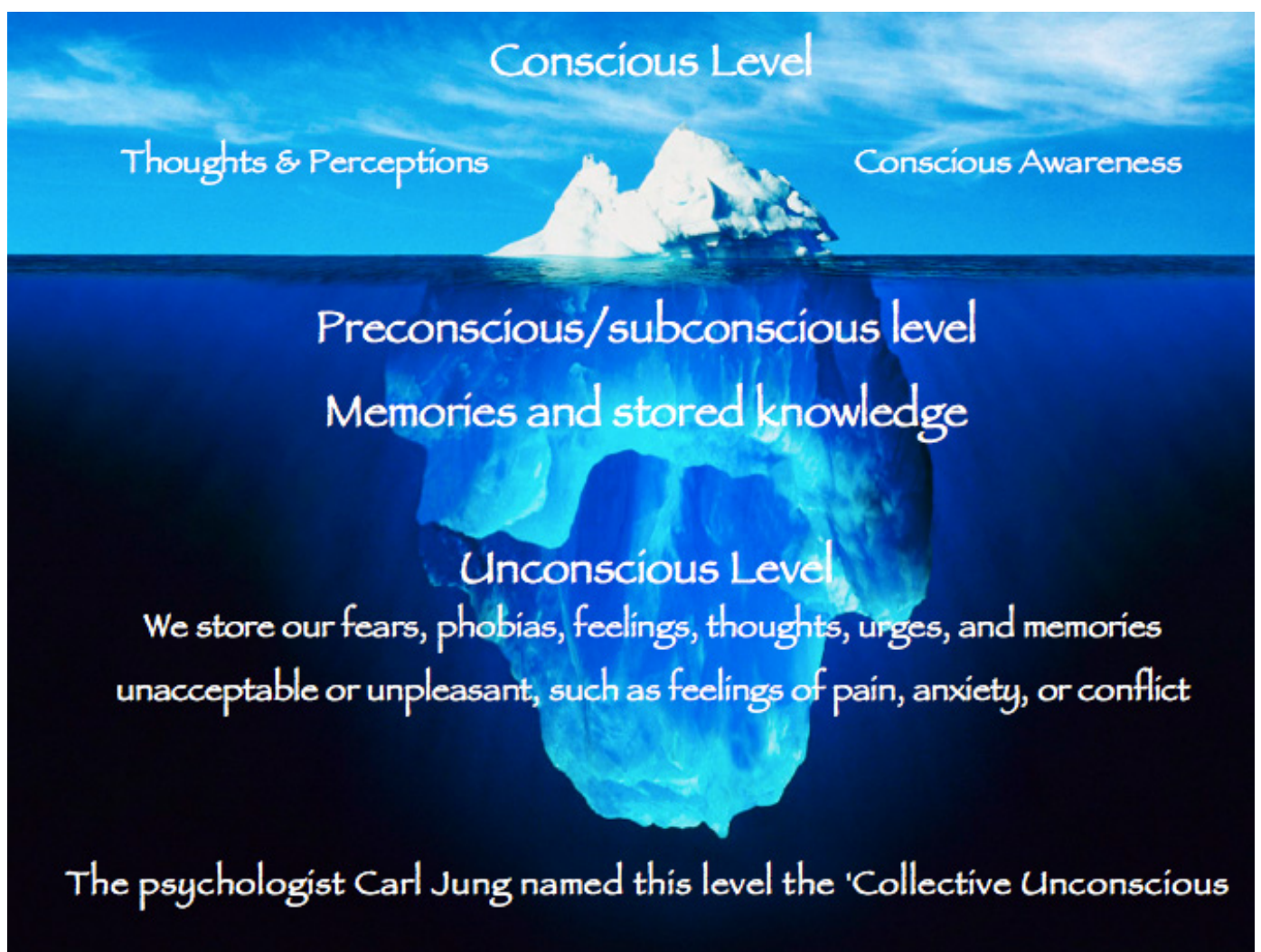
Runs the body (mind body connection)

- Has a blue print : of the body now
- Of perfect health in the higher self
- Preserves the body – maintains the integrity of the body
- Is the domain of the emotions
- Is a highly moral being (the morality you were taught and accepted is upheld)
- Enjoys serving, needs clear orders to follow.
- Controls and maintains all perception.
- Generates, stores, distributes and transmits “energy”
- Maintains instincts and generate habits
- Needs repetition until a habit is installed
- Is programmed to continually seek more and more. There is always more to discover.

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- Functions best as a whole integrated unit
 - ♣ Does not need parts to function
- Takes everything personally. (The basis of Perception is Projection) What you say about others you say to yourself. The unconscious mind does not separate information.
- Works on the principle of least effort
 - Path of least resistance
- Does not process negatives directly – tell people what you want them to do not what you don't want them to do. (don't think of a blue tree. Now think of a red tree)



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So you are the sum total of all your

Thoughts - those things that buzz around in your mind all day

Feelings – those kinaesthetic vibrations we feel in our body

Emotions – we use to express ourselves

Beliefs – things that we are told are true, that we uphold. Can be true or not true.

Values – are our way of determining what is right and wrong

Experiences – things that happen to us and the meaning we give to them

Habits – the behaviours we do over and over and over again

Programs – the systems that run our behaviours

And all of these things that created who you are today, your current state of being, are mostly set in stone long before you were old enough to decide for yourself who you would be, and are also done unconsciously, and completely outside your awareness.

So who are you really? And what is reality? And who then is driving the bus?

Lets explore.

What is Reality

We all have a different model of reality or world view. And by that I mean – the way you see the world and the way I see the world are not necessarily the same. What we physically see, like this desk, is the same. But our experience of this desk will be different.

And we construct our model of reality in the same way. And the best way to explain it is to use the NLP model of reality.

What is NLP. I want to explain what NLP is first because It's what I do in my coaching practice.

NLP is how to use the language of the mind to consistently achieve our specific and desired outcomes.

It's a model of how we communicate to ourselves and others. It explains how we process information that comes into us from the outside.

Richard Bandler, and John Grinder originally developed NLP. Richard Bandler is a psychologist and self help guru and John Grinder is a linguist and trainer. They basically built a model based on the work of Jung, Virginia Satir, (family therapist) , Milton Erikson,(hypnotherapist), and Fritz Perls (Gestalt therapy).

Their model is called NLP.

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Neuro – the nervous system (the mind) through which our experience is processed via our five senses:

- Visual
- Auditory
- Kinesthetic
- Olfactory
- Gustatory.

Lingusitic – language and other non verbal communication systems through which our neural representations are coded, ordered, and given meaning. Includes

- Pictures
- Sounds
- Feelings
- Tastes
- Smells
- Words (self talk)

Programming – the ability to discover and utilize the programs that we run (our communication to our selves and others) in our neurological systems to achieve our specific and desired outcomes.

We run programs for everything we do.

Between the age of 0 -7 we learn most of the programs that will serve us for the rest of our lives.

Consider how you put your pants on. When you were a kid your mum said “put your pants on” and you put your left leg forward and she said, no not that one, the other one.” And that’s how you learned it, so that’s how you do it.

NLP is the study of excellence and how to replicate it. It is a set of succinct techniques (models) extracted from the psychologists I mentioned earlier, and their theories, that help us to quickly and painlessly overcome significant obstacles in our lives. Which is why it is so effective in coaching.

So how does this help the average person. The first step in regaining control over our lives is to understand that REALITY is constructed.

Yep, sorry folks. Reality is constructed by you. We make it all.

Lets think about that or a minute. I’m not saying that the things in this room don’t exist. They certainly do. However, our perception of everything in our world is constructed.

You are sitting on a chair, it’s the same chair. One of you thinks the chair is comfortable, one of you thinks its uncomfortable. Same chair – two different experiences. Two different realities.

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To understand that we need to look at the NLP model of communication.

What we call reality is a **representation** of what really happened, in a way that we can make sense of it.

And you will understand that in a minute.

Lets look at the NLP model of communication to understand how this concept works.

Information from an external event in Reality comes into your nervous system via your five senses , or in put channels. These are sights (visual), sounds (auditory) feelings (kinaesthetic), smells (olfactory), tastes (gustatory).

We receive literally, millions of bits of information per second. So that you can make sense of them your brain filters the information and reduces it to 126 bits of information per second. That's all you get.

The filtering is done through a series of deletions, distortions and generalisations. Your unconscious mind uses these filters to find the information that matches the model. This is the information that you are conscious of. The rest of the informations gets stored in your unconscious mind. The end result is what becomes your *internal representation*.

Basically, your internal representation is how you see the world. Its your model of the world. Remember 0 – 7 years of imprinting.

What Do I mean by Model of the world.

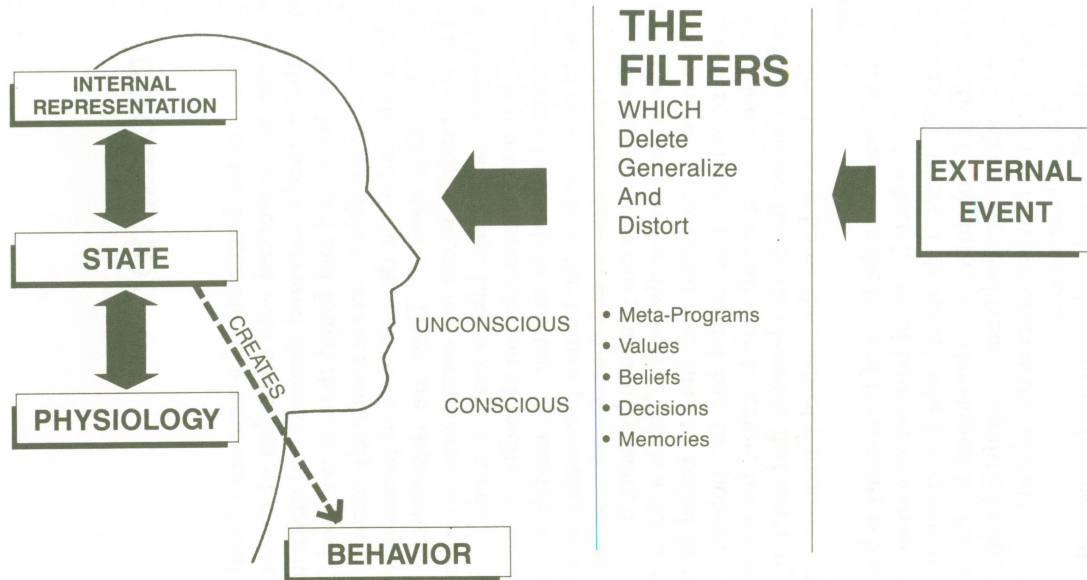
Simply, my internal representation of reality. My model of the world. How I see and experience the world. No two people have the same model of the world, or model of reality. It isn't possible. There are an infinite number of combinations of values, beliefs, events, and interpretations that can influence a person.

A map of Albury is not the actual place but a representation of that place.

My map of Albury is my interpretation of it; it's what makes sense to me. It most likely will not be the same as yours. Your internal representation is your map of the reality and it dictates your behaviour. In addition your internal representation includes self talk about the event. (how you describe the event)

Your internal representation only differs from the real event in that you then add meaning to it. You see, reality is not absolute. It is your interpretation of reality or representation of reality that makes sense to you.

NLP Communication Model



So where does the meaning come from. From the age of 0-7, the imprint years, you are learning and developing all the values and beliefs that you will have for the rest of your life. These come from family, friends, school, what ever our environment is.

Funnily enough all of these beliefs and values that your unconscious mind so readily accepts are imposed upon you at an age where you don't have the critical faculty, the ability to decide if they are actually right for you.

So, as an adult, if your behaviour doesn't match what you are feeling inside there is a good chance you are trying to live YOUR TRUTH according to some one else's values and beliefs.

Guess what this looks like – nervous break down, anxiety, fear, and a shit show of negative emotions creating a toxic cocktail of chemicals in your body that make you sick.

Here is how it works. Once you're model of reality is set, between 0-7 years old, your unconscious mind is now on auto pilot, constantly receiving and sorting through the trillions of bits of information it receives, to find the 126 bits information that suit your model.

And it is very efficient, and it does so for self preservation. You see, your unconscious mind has no option to support your model of reality because it has to. It's a loyal servant designed to uphold your beliefs, values and morals.

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For example – the first time you realise that hot coals will burn you, your brain creates a model for the experience and a link is made = Hot Coals = burns = pain

Every time you burn yourself on hot coals you reinforce the model that hot coals burn you every time.

Would you agree that this is true?

Well, look at it this way, the model you created included a belief that hot coals will burn you every time.

Would you agree that's true? But is it always true? Well, not always. Consider the bare foot fire walking ceremony where you walk across hot coals that burn at 1000 degrees.

Do participants burn their feet. No. It's safe to say that they have a model or reality that says hot coals only burn you some of the time.

I use this to illustrate that we perceive our model of reality to be true when in fact it is only one possibility of the model of reality.

Important point here – there is no inherent meaning in anything other than that which we give it. Think about that for a minute.

Can anyone think of an example of that ?

Also, During that our imprint years we are also developing all the strategies for doing everything we do, and they remain the same our entire life. So how you learn to tie your shoe is how you will do it for the rest of your life.

We are literally strategy machines. Some strategies are better than others but they are still strategies. And over time they become habits.

So who you are today is a pre-programmed machine, an accumulation of strategies and habits, beliefs and values.

And there is nothing wrong with that. But knowing this puts you in a position to become the driver of the machine, not the victim of the machine.

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So lets think about how we can leverage this knowledge.

You are receiving Millions of bits of information per second and you are aware of only 126 bits per second.

Is it possible that you are missing some information?

The thing is, there in lies the power

Now that you know how it works, you can consciously choose the bits of information that will have the most positive and profound effect on your life.

It's now possible to start creating the reality that best serves you.

You may even begin to realise that the things you thought you weren't capable of are actually within your reach.

Remember, our thoughts create our reality so choose what you want your reality to be.