



neurogym™

HAVING IT ALL

THE POWER OF YOUR BELIEFS AND HABITS



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THE POWER OF YOUR BELIEFS AND HABITS

How are your beliefs and habits formed?

- Seeing + Listening + Doing + Experiencing x Repetition = Beliefs
- Beliefs + Experiences x Repetition = Habits
- Habits cause automatic perceptions and actions = Results
- Your actions cause the results in your life but are not the cause!
- The only exception to this equation is a significant emotional experience.

Your Beliefs and Habits Are the Cause of Your Perceptions and Behavior

- Beliefs and habits create sensory filters.
- Beliefs and habits are nothing more than neurode patterns that are stored in the brain (DSP's)
- The more a neuron is fired the stronger the impulse gets and the easier it becomes to go don't the neural pathway (automatic firing threshold).
- Beware of ANTS-Automatic Negative Thoughts.
- Learn to create and love your APTS-Automatic Positive Thoughts.

I create empowering beliefs.

The Effects of Your Beliefs and Habits on Your Perceptions

- We see the world not as it really is, but only as we really are. Beliefs and habits acts as sensory filters and that get in the way of truth and possibilities.
- Our beliefs and habits cause us to drop any visual or sensory input from our awareness in order to match up with our “internal map of reality”.
- We talk, act and pretend out the prejudices of our beliefs.
- Beliefs and habits effect
 - Self-esteem
 - Relationships
 - Prosperity
 - Job performance
 - Mental and physical health
- People will treat you exactly the way you see and treat yourself unconsciously.
- Beliefs create scotomas
 - Comes from Latin meaning ‘dim sight’ or ‘blind spot’
 - Our brain drops information from our visual and auditory senses in order to match our “internal map” of reality

***Your Automatic Negative Thoughts (ANTs)
Could be lying to you and keeping you from
Taking the action you need to succeed.***

BE AN ANT-EATER

Combat your Automatic Negative Thoughts with this simple exercise. Whenever you feel sad, mad or nervous, write down your ANTs and challenge them. Then create empowering positive statements to take their place. For example:

ANT	APT/Empowering Beliefs
I'm afraid that I can't accomplish my business goal because I do not have all the skills I might need to make it work.	That may be true, however, I can acquire the skills I need or I can hire or find someone else with those skills to help me.
I am scared to do this.	Being scared is a very normal feeling when trying something new. I will feel it, and do it anyway.
I'm not capable.	I am successful and savvy businessperson.
I'm not certain.	I have clarity of purpose and focus.
I'm afraid.	I am confident.
Things never go right for me.	I am strong.
I could never do that.	I am capable of learning new things.
I'll never be able to learn this.	I can achieve whatever I set my mind to.
I'm not bright enough.	I am smart and capable.
I always have problems.	I see learning and solutions in every situation.

Use the lines below to write some of your own ANTs and APTs.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

THE PROCESS OF CREATION AND MANIFESTATION



Once an idea is chosen and consistently impressed and emotionalized onto the non-conscious mind, perceptions and behaviors change to find and produce the desired results.

THE NEURAL RECONDITIONING PROCESS™

1. Create a new powerful physical and mental vision.

2. Choose powerful new declaration and affirmation that will support the new vision.

These affirmations will turn into new DSP connections that will become beliefs when reinforced for at least 30 days.

3. Create written, auditory, kinesthetic, visual and subliminal imprinting material.

4. Daily Reconditioning Techniques. Upon waking, just before bed, one other time.

- Three to five minutes

Use...

- Photos
- Mental movies
- Self-Guided Imagery
- Visualization boards
- Real-life movies
- Recorded and laminated affirmations

5. Neurotechnology:

Seven, 15 or 30 minutes per day.

6. Meditation

Take your life to the next level and have it all.