

A JOURNEY OF PERSONAL DISCOVERY



What you think, what you say, and what you do, create the experience that you call “you” and the conditions and circumstances of your life.

**BY
LEE COBLEIGH**

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The only way we can bring about self-improvement is through true self-awareness. The process from self-improvement to self-awareness is to function from the awareness that you truly are a part of something greater. If we are to succeed, we will have to work from this inner awareness of our self-identity and self-worth.

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A JOURNEY OF PERSONAL DISCOVERY



A Journey of Personal Discovery is designed to help you become a more conscious self, and break through the self-imposed limitations of the past.

Our future isn't determined by anything that happened during the past; it is determined by whom we are and what we think, right here, right now, in this moment.

What you think, say, and do, create the experience that you call "you" and the conditions and circumstances into your life. Our thoughts are the seeds from which our actions germinate. Thoughts that you accept as true become your beliefs. Before you can change your thoughts, you must change your mind. You must re-program your beliefs, in order to change your mind.

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A JOURNEY OF PERSONAL DISCOVERY

PART ONE

THOUGHTS THAT MAKE YOU



CHANGE YOUR THOUGHTS AND BELIEFS
WHERE NECESSARY; AND YOU WILL CHANGE
YOUR FUTURE.

THOUGHTS CREATE REALITY

The thoughts that you allow your mind to dwell upon will become your reality. Whatever thoughts you fill your mind with will become the reality of your life. Your unlimited power lies in your ability to control your thoughts. Remember that your life and the circumstances or the things going on around you is a mirror of the thoughts that you allow to dominate your mind. Each one of us can choose the thoughts that dominate our mind.

The transforming of the mind is moving from one form to another. Transformation really means a change in the way you see the world-and a shift in how you see yourself. It's not simply a change in your point of view, but rather a whole different perception of what's possible. Transformation implies a change in the sense of self.

THE NATURE OF A THOUGHT

Every thought has a corresponding electrochemical reaction in your brain. Each thought has both a chemical and an electrical component that is responsible for triggering emotions. Each thought is like a tree with branches, each "Thought Tree" is made up of cells called neurons.

A thought is unseen and triggers something you can't see. It is the actual cause of a chemical reaction which is released into your physical body. Thoughts that you don't deal with properly become suppressed and can cause emotional and physical harm.

Because the brain is the master control panel for our mind and body, when we change its electrical patterns, we initiate system-wide effects, including changes in muscle tension, respiratory rate, and the flow of neurotransmitters and hormones.

YOU ARE THE ONLY ONE WHO CAN CREATE OR CHANGE YOUR THOUGHTS AND YOUR BELIEFS. YOUR BELIEFS CREATE WHAT YOU EXPERIENCE AS LIFE.

Every thought and every belief has its corresponding thought form, which is a dynamic wave of energy that has two key parameters: a frequency of vibration corresponding to its intent and a magnitude corresponding to the amount of desire associated with it. We are all like energetic magnets drawing our experiences to us.

Your thoughts are a result of what you *believe*. Thoughts that you accept as true are known as *thought form* and become your beliefs. Together, your individual beliefs make up your core belief system. Therefore, what you believe you experience. Behavior starts with a thought. What you experience confirms your belief. Thoughts stimulate emotions, which then results in attitude, and finally produces behavior.

If each of us is responsible for our own thoughts, we are, likewise, responsible for our own feelings. Your feelings are generated by your thoughts. Notice that when you have positive thoughts, you feel good. When you think negative thoughts, how do you feel? Your energetic signature attracts your life's circumstances.

The strongest and most influential limiting beliefs with which you will have to deal will probably be about yourself-concept (your beliefs about how you see yourself).

As an adult, you can re-evaluate your decision, to see if you still wish to hold specific beliefs that are no longer in your best interest. Beliefs are like ideas; good ones you keep, bad ones you discard.

When you feel happy, your brain has released specific types of chemicals or neurotransmitters called endorphins. Negative reinforcement releases negative chemicals. Positive reinforcement releases positive chemicals. Therefore, toxic thoughts produce toxic emotions, which produce toxic attitudes, resulting in toxic behavior.

CHANGING YOUR THOUGHTS

You and I as unique individuals are still a sum total of all that we think. To change our lives and what we are requires that we change or reprogram what we think. It requires planting seeds of thought that support what we think, thoughts that support what we want to be and nurturing them until they become the dominant thoughts of our mind.

Your thoughts and attitude are the most important things in your life. As you learn to reprogram yourself and have the kinds of thoughts you want, you will begin achieving things you never dreamed possible. The only permanent way of affecting or changing the results we obtain is to change our habits of thought. You literally build a new network of new memories by replacing bad memories with supportive new memories over the old. To clear out an issue, you have to literally pull the original thought form out by the roots.

THOUGHTS COUPLED WITH EMOTION CREATE CONVICTION,
AND CONVICTION CREATES REALITY.

ATTENTION/AWARENESS

Attention is the central mechanism through which we guide our awareness and experience the world. When we change our attention/awareness, we gain the power to change the way we relate to our world on every level- physically, emotionally, mentally, and spiritually. Our performance, physiology, and emotional well-being are all influenced by what we give our attention.

THE SUBCONSCIOUS MIND

The human being has an automatic mechanism within us we call; the subconscious mind. It remembers every move we have ever made and thought we have ever had. It is not judgmental; it is not good or bad. It just knows how to get things done based on the information it has gathered in the past. Your subconscious mind determines your action in any given situation and thereby the results you obtain based on stored information. While the self-conscious mind can express free will, the subconscious mind primarily expresses prerecorded stimulus-response habits.

Neuroscientists conclude that the self-conscious mind contributes only about five percent of our cognitive activity. That means that 95 percent of our decisions, actions, emotions, and behaviors, are derived from the unobserved processing of the subconscious mind. The problem is that sometimes your subconscious mind's programming is conflicting with your conscious mind's desire.

Our subconscious mind does not change the reality of the world around us; it just filters the information being presented in such a way to support the present position of truth or picture we hold. The subconscious is like a willing servant, never asking you why, never questioning your choice, but carrying out the orders you give it with unerring precision. **Learn how to retrain your subconscious mind, and you have the key to making your life whatever you WANT IT to BE.**

Once a picture is formed, it becomes "true" as far as we are concerned. Once we record the information, we do not question its validity. Many times we do not remember when or how we obtained the information. We just proceed to act upon it as if it were, in fact, true.

The picture we have of ourselves becomes the key to our life. All of our actions, feelings, behavior, even our abilities, are always consistent with this picture.

YOU ACT LIKE THE KIND OF PERSON YOU WANT TO BE.

According to a recent article in the *Washington Post*, scientists are discovering that our moral sense may be “hardwired” in us, residing within an area of the brain called the ventromedial prefrontal cortex. * Marc Hauser, a professor of psychology and evolutionary biology at Harvard, agrees that morality may be intrinsic to humans rather than the result of religious or cultural teachings. This suggests that when we act morally, we align ourselves with our own biology and with the natural world.

*Shankar Vedantam, “If It Feels Good to Be Good, It Might Be Only Natural,” *Washington Post*, May 28, 2007.

CHANGING YOUR PICTURE

You can change the picture you have about yourself and thereby change the results you are experiencing. What is important for you to understand now is that the results you obtain are in direct correlation to the thoughts, attitudes, and beliefs you developed throughout your life. And the most important beliefs are those we have about ourselves.

Happiness and satisfaction are not experiences that come from the future or past. They are experiences of NOW. You can learn how to retrain your subconscious mind, and you have the key to making your life whatever you want it to be. Couples will usually blame their mate for whatever they feel is wrong. Always keep in mind you are responsible for what you are experiencing.

Why bother reprogramming? Because if you don't, your environment will program you and there is no one in the world who wants for you what you want for you. Your programming determines your beliefs, and your beliefs determine what you do and what you have.

Your choice is who is going to do the programming in your life, you or somebody else. It follows that unless we make a conscious effort to change, we will tend to stay in the same type of mental environment in which we grew up. The choice you have is to reprogram your beliefs and become the type of person you want to be, or allow your environment to condition and determine your beliefs for you.

CHOICE

Within all human beings is an innate drive to survive. We have free will. And we have choices. Our success is based on our choices, which are, in turn, totally dependent on our awareness of whom we really are.

It may be difficult for you to embrace your faults and accept that they have molded you into who you are. Even though you may want to ignore them, know that this isn't possible; you must overcome them.

You become more aware of your thoughts and emotions, particularly toward yourself, and then your attitude toward life will be more optimistic. You must gradually distance yourself from those individuals who overwhelm you and prevent you from nurturing yourself.

Because we each make choices based on our thoughts and attitudes, our environment and circumstances, we create responses different from one another.

We are all born with natural instincts, (natural tendencies) and those around us nurture us. This creates the uniqueness of every person. Free will is linked to motivation and choice, and therefore, attitude. No one can override your free will, but people, things, or situations can influence and affect how you use it.

The happiness and satisfaction we seek are not to be found in your outside world, but only in the inner attitudes and beliefs you have about that world. At times, it may seem difficult to move from where you are now to where you want to be. The development of new habits of thought requires abandoning old ones and there is the fear of the unknown and the fear of failing, the fear of making mistakes, the fear of being wrong.

CHANGE

Changes in life spring from changing things at the core - altering our view of the world and our place in it. When we change our world view, changes in thinking, behavior, values, and priorities follow. Long-lasting shifts in consciousness spring from a deep and fundamental shift in perspective. Where you consciously place your attention, what you choose to attend to, has profound implications for how you view the world and what you're capable of perceiving.

The most fundamental change is within you; it is a profound shift in where we direct your attention.

It has been said that there is no such thing as a human being; that each of us, is at all time, in a constant process of change and adaptation, so there are only humans becoming! So why don't we change? Basically, it is because people don't like change. Change involves the unknown; change involves risk, - taking a chance.

We are sometimes conditioned by our environment to believe a certain way, that the circumstances in life are real, not just programmed responses that come from your environmental conditioning.

There is evidence that shows people tend to seek out, and find surroundings in which they feel comfortable. This means that without a conscious choice on the individual's part, once attitudes are developed, the individual will find an environment where their attitudes and beliefs are accepted and thereby reinforce their current belief systems. We have to exchange the belief system we are holding and begin to see other options.

THE POWER OF BELIEF

Your entire self-concept is based upon what you believe about yourself. Belief in oneself and in one's abilities are not something that we get from just living our lives. We are sometimes conditioned to look to our weaknesses rather than our strengths, to look at problems rather than solutions. Belief is an, I CAN be attitude that you can develop. And once developed, it will lead you to whatever you want.

Our beliefs and attitudes about our surroundings and ourselves will stay pretty much the same. We need to be aware of these limiting factors and the limiting beliefs within ourselves, so we can combat them and begin to use more of our real potential.

PERCEPTION

The course we choose in life depends on our perception. Perception is only our interpretation, and our perception as we see it becomes what we believe. **We must reconsider our fundamental beliefs - our perceptions and misperceptions of life. The power to change is within us.**

The fact is that perceptions control our lives. The conclusion is simple: positive perceptions enhance health, and negative perceptions produce dis-ease. Psychologists estimate that 70 percent of our thoughts are negative and redundant. Accurate perceptions encourage our well-being; misperceptions threaten survival.

PERSONAL MOTIVATION

Motivation is that thing which allows us to channel our actions and behavior towards the accomplishment of a specific task. There are three types of motivation;

1. The first is **fear motivation**. Fear motivation impels a person to act because they are afraid of the consequences if they fail to act.
2. The second type is **incentive motivation**. Where fear motivation holds out the threat of punishment to get things done, incentive motivation, promise rewards to achieve the same objective.
3. The third type is **inner or attitude motivation**. This is the most effective kind of motivation because it deals with attitude. Attitudes are nothing more than habits of thought, and habits can be acquired; they can be developed and formed; they can be learned.

Your current attitudes are the result of the learning experience you've had in the past, your environmental conditioning. Attitude motivation is simply channeling your actions and behavior toward a specific objective because that's who you are and what you do. You can develop attitudes that are motivating to you by reprogramming your thinking. You can choose the attitudes that you want to run your life.

OUR MENTAL BLUEPRINT

Whether or not we realize it, we have within ourselves a mental blueprint, or a picture of who we are. This picture is a total summary of all that we believe; it is called our “self-concept” or “self-image.” It pertains to every aspect of our being: our physical characteristics, mental characteristics, our abilities and talents, our hopes and dreams, virtually everything in life, including the outside circumstances that surround us.

These pictures are what we believe to be true about ourselves. They were formed unconsciously by our past experiences, our successes and failures, our humiliations and triumphs, what we read or observe and, to a great extent, from what other people told us and how they reacted to us, especially in early childhood. From all of this, we formed our own picture of the kind of person we are.

Our life and what goes on in our life are projections of what we have been holding in our own mind. We begin to realize that if what we experience is the result of what we hold in mind, then we can change what we experience by changing what we hold in mind.

FOCUS

Narrow focus is used as a strategy to escape. As feelings of anxiety rise, we unconsciously look for effective distractions to keep us from feeling them. Staying in narrow focus is one way of keeping the brain distracted and thus preventing us from remembering painful memories.

Diversions strategies are often overused to the point of addiction; compulsive use of television, food, sex, gambling, travel, video games, loud music, alcohol, drugs, and especially work can all serve as strategic distractions to keep us away from— or help us manage our pain.

Without the conscious development of a new attitude and habits in a specific area hinders your general ability to change and grow. **Begin doing things because you choose to do them, not because you have to do them. Choose to see the good in yourself and the good in others.**

SUCCESS IS A JOURNEY

Success is an attitude or feeling of moving, of progress, of advancement, of growth. Successful feelings come from moving from one place to another, from where we are to where we would rather be. We don't get successful feelings from moving down a notch or taking a step backward. So success is a journey determined by our course of travel one step at a time.

NURTURE YOUR SHORTCOMINGS

We need to focus on how we really feel about ourselves. In the process, we may uncover many feelings about ourselves that have been tucked away, such as a lack of self-confidence or low self-esteem. Such negative emotions are what we refer to as our shortcomings.

We begin to view these traits as weaknesses or limitations that hamper our ability to succeed in life. By doing so, we're allowing them to blind us to our abilities and our uniqueness. What we see as a shortcoming may be an undeveloped strength. Remember, shortcomings are necessary for growth, but they don't need to hamper our progress.

IF THEY'RE NOT IDENTIFIED AND NURTURED, THEN THE EXTERNAL DIFFICULTIES THAT PLAGUE US WILL CONTINUE AS REPETITIVE PATTERNS.

We sometimes put too much effort into changing the external problem and not the internal one. Therefore, conflicts and difficulties will keep appearing in our life. Only after we've recognized that the issues are within can we see how our external problems are actually shedding light on our shortcomings.

THE TOOLS OF REPROGRAMMING

The most effective and only permanent way to change the outside circumstances we experience is to change inner attitudes, beliefs and thoughts about those circumstances.

THE TOOLS WE USE TO CHANGE THIS PROGRAM OF OURS ARE AFFIRMATIONS, VISUALIZATIONS, AND GOALSETTING.

AFFIRMATIONS refer to thoughts you have decided consciously to think about. They may also be referred to as statements about something you would like to be true, stated as if they were already true. They are designed to allow you to feel better about yourself and let you see your inner power and strength.

VISUALIZATION refers to the ability of the mind to see things in pictures. Essentially, it is a thought that we hold long enough to get a conscious mental and emotional picture. Visualization has also been referred to as *applied imagination*. Visualization is the process of taking a thought and keeping it long enough so that the mental picture, we create causes emotion. The emotion facilitates conviction, and conviction creates reality.

GOALSETTING refers to the process of choosing where you want to go or what you want to do and what you want to have. Goalsetting is a tool that helps you make choices and facilitate the use of affirmations and visualizations.

STEPS THAT TRANSFORM

1. **Formation** = your thoughts are a result of what you believe. Together, your individual beliefs make up your core belief system. Therefore, what you believe you experience. Behavior starts with a thought. What you experience confirms your belief. Thoughts stimulate emotions, which then result in attitude, and finally produces behavior.

2. **Transition** = you literally build a new network of new memories by replacing bad memories with supportive new memories over the old. To clear out an issue, you have to literally “pull the original thought form out by the roots.

3. **Transcend** = changes in life, spring from changing things at the core, altering our view of the world and our place in it. When we change our world view, changes in thinking, behavior, values, and priorities follow. Long-lasting shifts in consciousness spring from a deep and fundamental shift in perspective.

4. **Transpire** = your thoughts and attitude are the most important things in your life. As you learn to reprogram yourself and have the kinds of thoughts you want, you will begin achieving things you never dreamed possible. The only permanent way of affecting or changing the results we obtain is to change our habits of thought.

5. **Transform** = transformation really means a change in the way you see the world-and a shift in how you see yourself. It's not simply a change in your point of view, but rather a whole different perception of what's possible. Transformation implies a change in the sense of self.

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PART TWO

The HIDDEN TREASURE



“DEEP WITHIN YOU IS EVERYTHING
THAT IS PERFECT, READY TO RADIATE
THROUGH YOU AND OUT INTO THE
WORLD.” CIM

INTRODUCTION

All living things have an innate drive to reach their potential. It is the nature of all of us to grow and develop. The problems arise when we are unhappy and discouraged with the way things are.

People from all walks of life share an inborn desire for meaning, purpose, and direction. These inborn desires shape and influence the quality and direction of our life.

To work with the inner world of our being, we need to recognize and confront all of our underlying issues that may originate from our past and early childhood.

We need to focus on how we really feel about ourselves. In the process, we may uncover many feelings about ourselves that have been tucked away, such as a lack of self-confidence or low self-esteem. Such negative emotions are what we refer to as our shortcomings. To find fulfillment, we need to live in a place of understanding and self-acceptance, rather than a place of unworthiness.

Most of us have developed a persona or social mask, which is often the opposite of what we feel inside. We sometimes develop this mask to protect ourselves from the outer world.

Our social mask may help us present our best face to others, but only when we accept what's beneath the mask can we understand our deeper needs, desires, and who we really are.

You cannot live isolated from those around you. Who you are and what you become depends on how you interact with others and how you allow them to affect your life.

CLARITY

Perhaps fears were instilled in you as you grew up, given to you (unintentionally) by your parents, siblings, authority figures, and peers. Whether we choose to see and embrace what holds us back doesn't alter the fact that it holds us back. Clarity is the ability to respond to the present moment free from the ineffective influences from the past.

We must learn to be honest with ourselves regardless of what we uncover on our self-exploration process. Genuine self-acceptance is really life acceptance. Most of us make life choices based on our self-concept on how we see ourselves. You are free to break away from past conditioning or limited circumstances by changing your thoughts and beliefs. The key to creating different results is to clear the past and make a conscious choice to do something different in the future. Life situations, relationship difficulties, and challenges serve as mirrors that do not lie, in reflection of our daily life, we come to know ourselves.

The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice.

RESETTING YOUR THOUGHTS

You reset your thoughts by focusing on conditions, as you would like them to be. You then begin to see a new trend—one toward the good. Trend could be another word for consciousness. Thought for most persons is a reflex process. Things happen, and we repeat to them in thought. So the first step in learning how to think is to know that no matter what happens in your world, you always have a choice. You do not have to be angry or disturbed. You can choose to think positively and creatively.

Thoughts end up being beliefs. Therefore, think only what you choose to experience, say only what you choose to make real, and use your mind to consciously instruct your body to do only what you choose to demonstrate as your highest reality. Our thoughts are the seeds from which our actions germinate. We are, therefore, responsible for the reactions and results of our actions.

You tend to become whatever you give attention to; we grow like that which we admire, the thing that occupies our attention most of the time. We assume that thought is produced by circumstances. However, experiences do not cause thoughts.

The Subconscious is the place of experience at which you do things automatically. Functions such as growing your hair, blinking your eyes, or beating your heart are examples of what you do automatically. The subconscious also creates instant solutions to problems. It checks incoming data, and then goes into its memory bank. It is an automated response based on prior data.

The Conscious level is the place of experience at which you know and create your reality with some awareness of what you are doing. How much of which you are aware depends upon your “level of consciousness.”

The Superconscious is the part of you that holds the larger agenda of the soul. It causes us to move to completion in what you came to the body to experience, drawing to you the exact, right, and perfect people, places, and events with which to have, so that you may achieve the combination of *knowing* and *experiencing*, creating an awareness of your true being.

THOUGHTS CREATE REALITY

It can be difficult to make these new choices when we are encumbered by our old thoughts, our ideas, and our old mental attitudes about the past. It is not necessary to understand why we have created what we have created. Stop asking why. There is only one question of any value. What do I choose now?

To change our lives and what we are requires that we change or re-program how we think. It requires planting seeds of thought that support what we think. It requires planting seeds of thought that support what we want to be and nurturing them until they become the dominant thoughts of our mind. You and I as unique individuals are still a sum total of all that we think.

Your thoughts and attitude are the most important things in your life. As you learn to re-program yourself and have the kinds of thoughts you want, you will begin achieving things you never dreamed possible. The only permanent way of affecting change is to change our habits of thought.

The thoughts that you allow your mind to dwell upon will become your reality. Whatever thoughts you fill your mind with will become the reality of your life. Remember that your life and the circumstances or the things going on around you is a mirror of the thoughts that you allow to dominate your mind. Your unlimited power lies in your ability to control your thoughts. Each one of us has the ability to choose the thoughts that dominate our minds. **Our thoughts and intentions create and shape our personal realities.** You tend to become whatever you give attention to.

THOUGHTS END UP BEING BELIEFS.

Before you can change your thoughts, you must change your mind. Your mind is the result of deep-rooted beliefs that are imprinted in every cell of your body. You reset your thoughts by focusing on conditions, as you would like them to be.

WE MUST RE-PROGRAM OUR BELIEFS IN ORDER TO CHANGE OUR MINDS.

The only permanent way of affecting change is to change our habits of thought.

True or False

Whatever thoughts you fill your mind with will become the reality of your life.

True or False

Each of us can choose the thoughts that dominate our mind.

True or False

Thoughts end up being beliefs.

True or False

We must reprogram our beliefs in order to change our minds.

True or False

CHOOSE AGAIN

So the first step in learning how to think is to know that no matter what happens in your world you always have a choice **to choose again.**

What You Think Determines What You Choose
What You Choose Determines What You Create
What You Create Determines What You Experience
What You Experience Determines What You Remember
What You Remember Determines What You Re-Enforce
What You Re-Enforce Determines What You Believe

THINK AGAIN!

RE-EVALUATE, RE-EXAMINE, RECONSIDER,
RECREATE.

THE NATURE OF A THOUGHT

Your thoughts are a result of what you believe. Thoughts that you accept as true are known as thought forms and become your beliefs. Together, your individual beliefs make up your core belief system. Behavior starts with a thought. Your experience confirms your belief. Thoughts stimulate emotions, which then results in attitude, and finally produces behavior. Therefore, what you believe you experience.

Every thought has a corresponding electrochemical reaction in your brain. Each thought has both a chemical and an electrical component that is responsible for triggering emotions. Each thought is like a tree with branches; each “thought tree” is made up of cells called neurons.

When you feel happy, your brain has released specific types of chemicals or neurotransmitters called endorphins. Negative reinforcement releases negative chemicals. Positive reinforcement releases positive chemicals. Therefore, toxic thoughts produce toxic emotions, which produce toxic attitudes, resulting in toxic behavior.

A thought, something you can't see is the actual cause or chemical reaction which is released into your physical body. Thoughts that you don't deal with properly become suppressed and can cause emotional and physical harm.

To clear out an issue, you have to “pull” the original thought form out by the roots. You build a new network of new memories by replacing bad memories with supportive new memories over the old.

Free will is linked to what we think and choose, and therefore, creates attitude. Because we each make choices based on our thoughts and attitudes, our environment and circumstances, we create different responses from one another. This creates the uniqueness of every person. No one can override your free will, but people, things, or situations can influence and affect how you use it.

THE POWER OF BELIEF

Your entire self-concept is based upon what you believe about yourself. Belief in oneself and in one’s abilities is not something that we get from just living our lives. We are sometimes conditioned to look at our weaknesses rather than our strengths, to look at problems rather than solutions. Belief is a I CAN be attitude that you can develop. And once developed, it will lead you to whatever you want.

Your programming determines your beliefs, and your beliefs determine what you do and what you have. Your choice is who is going to do the programming in your life, you or somebody else.

The choice you have is to reprogram your beliefs and become the type of person you want to be, or allow your environment to determine your beliefs for you.

Ask yourself does how I experience the world have anything to do with what I believe? All the beliefs you hold are likely to feel very real to you. At some point, you have gathered evidence that supports everything you believe. Some of the beliefs we hold go right back to childhood and can really hold us back from seeing and fulfilling our true potential.

All limiting beliefs stem from some kind of fear. Fear gets in the way when you allow it to stop you from taking action and achieving things. Our most limiting beliefs about ourselves may get in the way of any action we need to take. If you want permanent results, you must fully imprint a new belief in order to replace your old beliefs.

The first basic step is to accept responsibility for one's self and one's existence, and to accept responsibility for fulfilling your own destiny.

YOU CAN CHANGE THE BELIEFS THAT ARE LIMITING AND HOLDING YOU BACK, AND CREATE POWERFUL NEW BELIEFS THAT SERVE AND UPLIFT YOU.

What belief about myself is holding me back?

Enter the belief that you would like to examine and perhaps change, and ask yourself these questions.

Belief: _____

When did this belief first occur to you?

How do you react when you start to believe this thought?

What affect does it have on others when you believe this thought?

How do you treat yourself when you believe this thought?

What fear is behind that belief?

Who or what influenced this belief?

How could you change this belief?

Who or what influenced this belief?

How could you change this belief?

LAW OF ATTRACTION

In simple terms, you may state, Law of Attraction as: **That which is like unto itself is drawn.** When things resonate with the same or similar vibrations, they attract each other.

Prolonged imbalance in the body/mind will attract vibration out of the environment that matches the imbalance. When emotions become deeply negative, prolonged, suppressed, or intensified by other factors, they disturb the elemental balance and attract stress.

When you understand that you are as magnets, attracting unto you more of whatever it is that you are feeling – therefore, if you are feeling negative emotion, you are, in that moment, attracting what you do not want. As the creator of your experience, you are bringing to you more of what you are feeling, now.

DEFENSE MECHANISMS

Defense mechanisms do exactly the opposite of what they are intended to do. It is essential to realize that all defenses (do) what they would defend. We use defenses to avoid feeling or thinking about something that we believe is bad or fearful about ourselves. When we repress, deny, and project something we do not like within ourselves, we reinforce the very belief against which we are defending.

Defense mechanisms may be unconscious, but we utilize them to hide the truth from ourselves. Defensive thinking is fear based. We are fearful that if we really look inside we will be disturbed by who we are. If you deny what you are feeling and thinking about emotional pain that you experience, you reinforce defensive thinking.

When something or someone upsets you or “pushes your buttons” it can be understood that a defense that you use and deny using is being mirrored in what or who is making you upset. We are defending ourselves from something we fear. We use the defense to avoid the fear. The whole time our discomfort has nothing at all to do with the person who is annoying us. Many defenses keep us from looking at how we think.

ANGER

Anger is defensive. We are never upset for the reason we think. Prior to whatever it is one believes is the source of anger. It is a cover, to hide what you fear. When we are afraid of looking at something within ourselves, something for which we don't want to accept responsibility, or that terrifies us, we become angry. Fear is the feeling that we are attempting to avoid every time we become angry.

People simply assume that they know how you think and feel. All of their assumptions are generated in their thoughts, and those thoughts reflect their views. When you listen to what someone says, you learn about how they think.

When you watch how you respond, react and think, you learn about your own mirror. Resistance to change, how we think is based upon the fear of losing our individuality. Defensive thinking creates a pattern of repetitive mistakes, anxiety, fear and apprehension.

What are you trying to avoid when you get angry?

INNER-SPIRIT

Being and living In-Spirit is a direction we take, rather than a destination to be reached. We live In Spirit by noticing our thoughts and behaviors. Once we begin to observe our thoughts, we realize that there are many times we're going in the opposite direction. You can become conscious of all thoughts that aren't aligned with your inner-spirit, then make a silent effort to shift that thought to match up with your inner nature. Healing is an active and internal process that includes investigating one's attitudes, memories and beliefs with the desire to release all negative patterns that prevent one's full emotional and spiritual recovery.

CHOICE

The happiness and satisfaction we seek is not to be found in your outside world, but only in the inner attitudes and beliefs you have about that world. At times, it may seem difficult to move from where you are now to where you want to be. There is the fear of the unknown and the fear of failing, the fear of making mistakes, the fear of being wrong.

The development of new habits of thought requires abandoning old ones. Without the conscious development of new attitudes and habits in a specific area, your general ability to change will not occur. **Begin today doing things because you choose to do them, not because you have to do them.**

Our thoughts are the seeds from which our actions germinate. It can be difficult to make these new choices when we are encumbered by our old thoughts, our old ideas, and our old mental attitudes about the past. **Healing is an active and internal process that includes investigating one's attitudes, memories, and beliefs, with the desire to release all negative thought patterns that prevent one's full emotional and spiritual recovery.**

Our sense of weakness and incompleteness comes from a feeling of inadequacy, which sometimes leads us to a lack of self-confidence. Once you begin to observe your thoughts you can shift that thought to match up with your positive inner-spirit nature.

Emotional and psychological stability originates from our primary strengths of: self-esteem, self-respect, and self-discipline. Today you can choose **to love, forgive, be compassionate, to experience inspiration, and hope**, to see the good in yourself and the good in others.

CHANGE

The first step toward changing anything is accepting your own role in creating it the way it is right now. You cannot change the events of the past themselves, nor can you change any past circumstance. What you can do is recreate your present experience of them, including yourself.

Acknowledge yourself as the creator of all that you wish to recreate.

So why don't we change? Basically, it is because people don't like change. Change involves the unknown: change involves risk – taking a chance. We are sometimes conditioned by our environment to believe a certain way; we believe that the circumstances in life are real, not just programmed responses that come from our environmental conditioning.

Evidence shows that people tend to seek out and find surroundings in which they feel comfortable. This means that without a conscious choice on the individual's part, once attitudes are developed, the individual will find the environment where their attitudes and beliefs are accepted and thereby reinforce their current belief systems.

We need to be aware of these limiting beliefs within ourselves, so we can confront them and begin to use more of our real potential. It follows that unless we make a conscious effort to change, our beliefs and attitudes about our surroundings and ourselves will stay pretty much the same.

SUCCESS IS A JOURNEY

The meaning of success comes from the root word *step*. Success is an attitude or feeling of moving, of progress, of advancement, of growth. Successful feelings come from moving from one place to another, from where we are to where we would rather be. We don't get successful feelings from moving down a notch or taking a step backward. So success is determined by our course of travel one step at a time.

What Steps would you like to take that would make you feel more successful.

- 1.

- 2.

- 3.

Step one in positive change is determining what it is you want to change.

Step two is to design action plans to achieve those changes.

What areas of your past would you like to change?

What areas of the past do you think still hold you back? Please explain.

What do I want to change for myself?

What do you need to do to make these changes?

What would be some positive outcomes when you make these changes?

GOAL SETTING

Goal setting and success walk hand in hand. Goal setting allows you to know where you are now, where you plan to go and how you plan to get there. Goal setting is the key ingredient that will allow you to develop the attitudes and habits you want and get you where you want to be. The largest goals are attained one step at a time. Taking one step isn't too difficult. The tremendous advantage to becoming involved in goal setting is that it allows us to divide the accomplishment of any significant goal into small specific steps when taken individually, are not difficult at all.

Goal setting is the most powerful tool available to ensure that you're getting what you want. Why is it then that most people do not use goal setting? Why have you and I spent so much of our time wishing for things yet not developing plans that would allow us to get them? Simply stated it is because goal setting is a habit that must be developed.

GOAL SETTING AND ACTION PLAN

There are three simple rules for writing goals that have a great possibility of being fulfilled:

- **State your goals in the positive believing that you can achieve them.**
- **Goals should be written; writing increases understanding and commitment.**
- **Goals should be specific as to time. What goal do you want to achieve?**

Why is this important to you?

What obstacles could prevent you from achieving this goal?

What specific benefits will be attained from achieving this goal?

How will achieving this goal make you feel?

What specific action steps need to be taken, in order to achieve this goal?

Assign completion dates to reach this goal.

What must I be thinking of on a daily basis to achieve this goal?

SELF-IMAGE

The cycle begins with the image we hold of ourselves in our minds, which acts like a magnet and determines our performance. Self-talk confirms the image we hold of ourselves. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you experience comes from what you think. Every thought you have makes up some segment of the world you create. There is no point in trying to change the world, but there is indeed a point in changing your thoughts about the world.

SELF-AWARENESS

The only way we can bring about self-improvement is through true Self-awareness. If we are to succeed, we will have to work from this inner awareness of our inner Self-identity and Self-worth. The most important thing about a person is what he believes in the depth of his being.

The process of self-improvement is to function from self-awareness and to recognize that you truly are a part of something greater.

SELF-ESTEEM DEFINED

The importance of self-esteem as a guiding force in our lives cannot be overstated. Self-esteem can be thought of as the sum of self-confidence and self-respect. If you have high self-esteem, you feel competent and worthy. If you have low self-esteem, you feel incompetent and unworthy. If you have average self-esteem, you fluctuate between these feelings of competence and worthiness.

HOW SELF-ESTEEM DEVELOPS

You are not born knowing who and what you are. You acquire your image of yourself over time by constantly receiving messages about yourself from the people closest to you and from your environment.

Our experience today is filtered through the events and feelings of childhood, recorded in detail. We cannot have a feeling today that is “disconnected” from similar feelings recorded in the past. The self-esteem formed in childhood lays the foundation for your attitudes toward work, your future success, your personal abilities, and the roles you play. It is easy to feel deficient instead of seeing who you really are; you see who you are not, and continually reinforce that negative image with your own inner thoughts.

Adulthood-Reinforcement

When you reach adulthood, your mind has a time-reinforced picture of who you are molded by people and events from all your past experiences. You have been bombarded over the years with positive and negative messages from your family, friends, teachers, strangers, and the media.

There are three ways adults tend to define themselves in terms of their possessions, their work, or their internal value system. Each area can influence feelings of self-worth.

If we define ourselves in terms of what we have, the result may be an effort to accumulate more and more material things to achieve a greater feeling of self-worth. “What is enough?” We may define ourselves in terms of what we do for a living. Our identity depends on something as arbitrary as a job title. We may define ourselves in terms of an internal value system. This is the healthiest way for people to identify themselves.

You will need to learn how to protect yourself-esteem against those who try to diminish or limit your potential and how to listen to those who will encourage and challenge you. It is important to be aware of how other people have influenced and will continue to influence your beliefs about yourself.

On a scale of 1-5 (5 being the highest) how do you feel about yourself most of the time? **1 - 2 - 3 - 4 - 5**

Building Self-Esteem

Now that you are aware of the power that self-esteem has over your life, you can take the next step—examining the image you have of yourself and identifying what might need to be changed.

Accept your limitations - Part of creating a high level of self-esteem is learning to tolerate valid limitations in yourself and becoming more realistic about who you are and what you can and cannot do.

Accepting others - As strange as it may seem greater self-acceptance often depends on greater acceptance of others. Every person deserves to be appreciated and accepted as a unique and valuable individual. Acceptance, however, does not always come easily. Sometimes we have to work hard to acknowledge the unique strengths or positive qualities possessed by others. It is often easier to focus our attention on their faults.

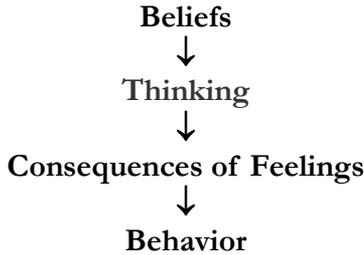
Accepting ourselves - The more we can accept ourselves; who we really are at the deepest level (spiritual self-awareness), the easier it is to get rid of unhealthy attitudes toward others.

Develop your abilities - Developing your natural abilities, not only builds yourself-esteem, but also increases the value of your contribution to life.

ATTITUDE

An attitude can be defined as a relatively strong belief or feeling toward a person, object, idea, or event. Because we acquire them throughout our lives, they are deeply ingrained in our personalities.

If you allow yourself to dwell on negative thoughts, you can expect to exhibit negative, self-destructive behaviors.



RE-CREATION

Emotional and psychological stability originates from primary strengths: self-esteem, self-respect, and self-discipline; the ability to handle a crisis; the courage to take risks; generosity, ethics, and strength of character. The ability to love, forgive, be compassionate, to experience inspiration, and hope, will give you the ability to heal oneself and others.

You are where you are because you choose to be. Things are the way they are because you choose for them to be. The first step toward changing anything is accepting your own role in creating it to be the way it is right now.

You cannot change the events themselves, nor can you change any past circumstance. What you can do is recreate your present experience of them and your present experience of anything at all—including yourself.

Acknowledge yourself as the creator of all that you wish to recreate. Because you seek to recreate yourself, you will move into the realm in which you will come to know and understand more of who you are and who you choose to be.

**A JOURNEY OF
PERSONAL DISCOVERY**

PART THREE

**A DEEPER
UNDERSTANDING**



WE CHANGE OUR RELATIONSHIPS NOT
BY WHAT WE SAY OR DO, BUT AS A
CONSEQUENCE OF WHAT WE HAVE
BECOME.

WHAT YOU BELIEVE IS WHAT YOU EXPERIENCE

Your thought is in control of your experience, and we create in our experience what we choose. You validate yourself through what you believe. You can think what you want, no one can direct your thought processes; they are under your control. **Because you can use your mind according to choice, you bring good or bad to you.**

A habit is the result of something we have done with careful attention and conscious effort so many times that we do not have to think specifically about it when doing it. In many ways by simply deciding what it is we desire to be, or to do, and then giving the matter enough conscious attention, it becomes a habitual thought pattern.

Each thought exists as a minute wave of energy called a thought form. A thought form is real-it exists. It happens to not be noticed by you because its energy vibration (frequency) is outside the range of human senses. It operates faster than the speed of light and is therefore, not visible to you.

Every thought and every belief has its corresponding thought form, which is a dynamic wave of energy, that has two key parameters: a frequency of vibration corresponding to its intent and a magnitude corresponding to the amount of desire associated with it. We are all like energetic magnets drawing our experiences to us.

The beliefs which you have accepted are continually being brought forth into your experience. Your thinking is the mold of your experience.

**THOUGHTS THAT YOU ACCEPT AS TRUE
BECOME YOUR BELIEFS.**

You are the only one who can create or change your thoughts, and your thoughts create what you experience as life. Each of us is responsible for our own thoughts; we are, likewise, responsible for our own feelings. Your feelings are generated by your thoughts. Notice that when you have positive thoughts, you feel good. When you think negative thoughts, how do you feel? Your energetic signature attracts your life's circumstances.

You will experience something only if you believe it. The belief must come first. Your experience confirms your belief; belief precedes experience. It's the way it works.

Beliefs are usually described as either conscious beliefs or subconscious beliefs. Conscious beliefs are beliefs that you are aware of. Conscious beliefs can be empowering. Unconscious beliefs are beliefs that you are not aware of. You are unaware that they exist, and the experiences they create for you are seen, as "That's the way life is." You have no sense of responsibility for having accepted them as beliefs.

The strongest and most influential limiting beliefs which you will have to deal with will probably be about yourself-concept (your beliefs about how you see yourself). These beliefs usually originate in infancy and/or childhood. They are often referred to as conditioning or programming.

Some of the beliefs we hold go right back to childhood and can really hold us back from seeing and fulfilling our true potential. You can't rise above the past until you let it go.

But now, as an adult, you can re-evaluate your decision, to see if you still wish to hold specific beliefs that are no longer in your best interest. **Beliefs are like ideas-good ones you keep, bad ones you discard.**

Our perceptions manifest our reality. Our perceptions are how our consciousness perceives reality. We can change our own perceptions and clear up those beliefs we have carried around far too long by letting go of old concepts, and negative projections, which allows one to expand awareness to one's daily life.

Our lives are controlled by our perceptions, which are the beliefs we hold locked in our sub-conscious mind. In order to heal we have to let go of the concepts, perceptions, and preconceptions, our judgments, and our conditioned concepts, to create a space of open receptivity. What you put attention on you create; the more you look at the problem, the bigger it gets. To create true healing, you must change your thoughts allowing your consciousness to flow at a higher vibration.

If one desires to change their life they must change how they think. Ask yourself what are your dominant thoughts? If your thoughts are full of stress energy and your attention focuses on the problems you see, you will probably create at least a certain degree of dis-ease in your life. **If you fill your thoughts with what's wrong, that is exactly what you will have in your life. It may not be what you want, but it will be what you get.**

Being stressed or negative at our core causes our vibrations to experientially attract negative situations to ourselves that we would not deliberately choose. When we bring higher energies into the presence of lower energies (subconscious), the lower energies are transformed.

We must believe that we are the creators of that which we must now re-create. To do that is to get beyond the sub-conscious level and see a whole new way of thinking.

DEFINITION OF A SPIRITUAL BEING

A spiritual being is an entity possessed of awareness, creativity, and personality. It is not composed of matter or of any other component of the physical universe; it appears instead, to be an immortal unit of awareness, which cannot perish, although it can become entrapped by physical matter. The spiritual being is fully capable of understanding itself.

SOUL

While the spirit is the spark of the Creative Force contained within us, the soul can be thought of as an individualized expression of that energy. The soul was therefore given the faculty of free will as its birthright.

The soul is also endowed with the faculty to develop so that it might learn from experience. The faculty of development ensured that once a Soul made a choice, it would learn from the consequences of that choice.

The earth we entered was a world of polar opposite-positive and negative electrical charges, male and female, and light and darkness. Our sojourn on the earth plane was designed to provide the soul with the opportunity to experience as many of these differences-polar opposites-as possible, and through comparison come to realize, the difference between unity and separation. It is because of the difference between the two that we better understand both.

This faculty of development ensured that once a soul made a choice, it would learn from the consequences of that choice. The soul, therefore, was given the ability to experience both unity and separation. Life on earth allowed us to have the opportunity for paralleling, correlating, cooperating, bringing into existence the effects of using all experience presented for the development of the soul.

FREE WILL

Free will was necessary to enable the soul to be a true co-creative. The soul chooses to exercise that free will so that it might learn from experience.

It is through comparisons while on earth that we truly become conscious of all creative power. The material world affords the soul the opportunity to recognize and rediscover its true nature and relationship with God.

PERSPECTIVE

A life perspective is our fundamental attitude toward life itself. It is the motivating force that determines how a person perceives their relationship to self, to others and to creative power. It embraces certain values, ideals, and aspects of life. It thus directs our behavior.

INNER-SPIRIT

Once we begin to observe our thoughts, you can become conscious of all thoughts that aren't aligned with your inner-spirit; you can decide to investigate your attitudes, memories and beliefs with the desire to release all negative patterns that prevent one's full emotional and spiritual recovery.

FAITH

We can let our lives be directed by the same force that's holding things together without our conscious control, or we can do it ourselves. Trusting in the force that moves the universe is faith. There is no such thing as a faithless person. We can have faith in love, faith in each other and faith in the power of God.

In your life experience, the only limits are the limits that you place there through your own belief systems.

THE JOURNEY

Every person who has lived, and who will pass through life on this earth is on the most sacred of all journeys. The paths we choose on our journey lead us to interact with many others on different levels who are pursuing their own path. No other person can judge their journey or ours.

We are responsible for every action we take or fail to take, and for every step we make, just as we are responsible for every thought and desire we create. We are all here on this earth to live our lives as we choose. However, being human, we make mistakes nearly every day. These mistakes are truly lessons from which we can learn. From every event, good or bad that takes place around us, we may learn something. We need to take responsibility for all our actions, for what we have done to ourselves and to others.

RELIGION AND SPIRITUALITY

Religion

Most understand “religion” as pertaining to a specific brand of religious teaching or practice. Religion encourages you to explore the thoughts of others and accept them as your own. Religion literally means to “bind together” and it carries a sense of the reverence that supports certain ceremonies and doctrines. Religion is something that relates more to external events and practices. Organized religion is largely an exclusive experience.

Spirituality

Spirituality is a more general term and has been defined as “an inner value-centered” life of people in their relation to the Divine, sometimes even apart from organized religion, or at least not dependent upon it. Spirituality is a term used to signal a personal way of relating to the divine or the underlying reality, that is more or less independent of religious authority.

Is religion important to you in your relationship? Please explain

What are your beliefs about God?

What is your personal belief system? Please explain.

How did you come to those beliefs?

Are you and your mate on the same wave length spiritually?

What is your personal world view? Please explain.



Lee Cobleigh is a Certified Inspirational Coach. He feels strongly that the key to developing one's inner potential is to give individuals a sense of direction without pushing them down the path.

When you become more aware of your thoughts and emotions, particularly toward yourself, then your attitude towards life will be more optimistic.

A Journey of Personal Discovery is a life-changing experience that allows individuals to develop a personal understanding of their own life. It is an active and internal process that includes investigating one's attitudes, memories, and beliefs with the desire to release all negative patterns that prevent one's full emotional and spiritual recovery.

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