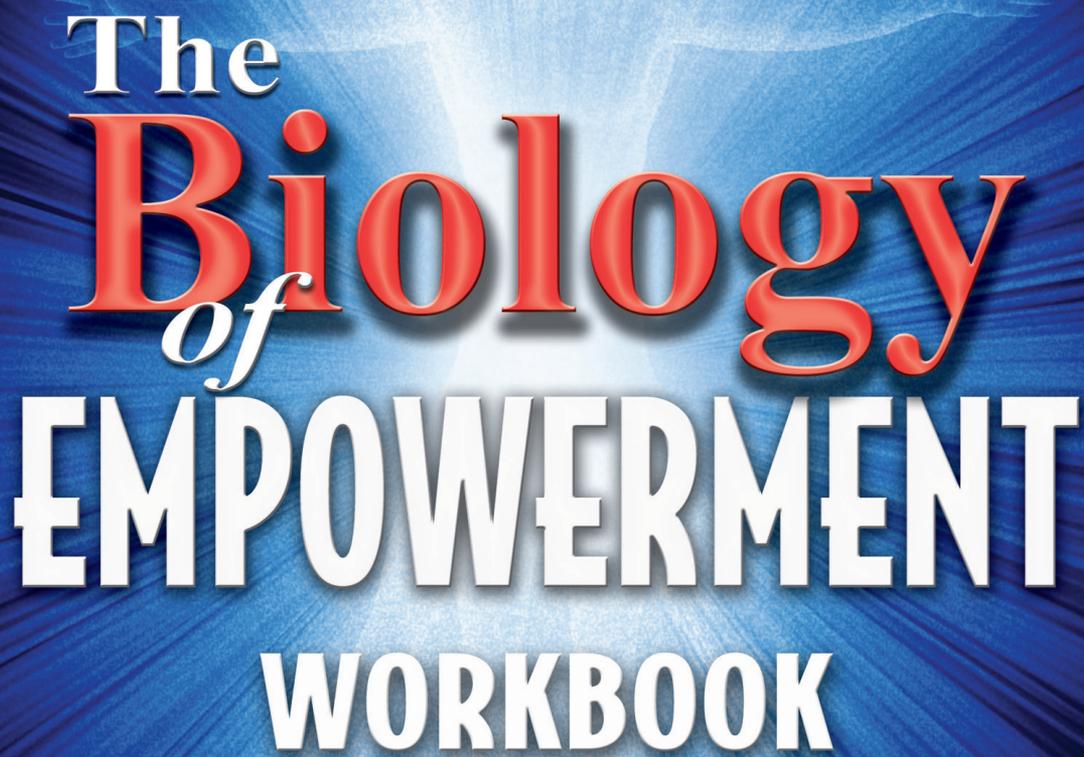




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The  
**Biology**  
*of*  
**EMPOWERMENT**  
**WORKBOOK**

Lee Pulos, Ph.D., ABPP

# **IMPORTANT**

To begin — Please save this workbook to your desktop or in another location.

# THE BIOLOGY OF EMPOWERMENT:

HOW TO PROGRAM SUCCESS AT A CELLULAR LEVEL

BY

LEE PULOS, PH.D., ABPP

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## INTRODUCTION

Welcome to one of the most exciting and powerful audio programs ever produced, *The Biology of Empowerment*. In these 12 modules, you will learn how your attitudes and beliefs affect and influence success or failure in every area of your life. These areas range from your self-esteem and relationships to financial prosperity, health, and even your biology at a cellular level.

As you expand your awareness of what is possible, you also extend and ignite your expectations to new abilities and new powers that are lying latent in all of us. In *The Biology of Empowerment*, you will be discovering how every cell in your body has approximately 100,000 receptors, and each receptor is tuned in to specific frequencies. Your thoughts and beliefs, positive, mediocre, and negative, all have a distinctive resonance that affects and programs every cell in your body. Every cell communicates with and responds to not only frequencies, but the spoken frequencies of words, like belief statements and affirmations and even emotional frequencies. Whether you realize it or not, you are programming your cells in and around your body and your life in every waking moment and in your dream cycles every night when you go to bed.

All change must come from within, and throughout *The Biology of Empowerment*, you will be provided with several diagnostic tools to help you identify the limiting beliefs that are creating too many roadblocks in all the areas of your life. You will also be provided with several powerful techniques to help you re-educate and reprogram your subconscious and your cells into desired and effective beliefs!

Best of luck on your journey to *The Biology of Empowerment*!

## SESSION 1 - THE POWER AND MAGIC OF BELIEFS

One of the most important and fundamental core beliefs in cell biology is that many of our physical and psychological qualities are *controlled* by our genes. The Human Genome Project is creating a great deal of research and excitement among scientists all over the world, with the new genes that they consider to determine our health and behavior. These discoveries are being made almost monthly! Implicit in these discoveries is that biology is destiny. But is it?

In an eight-week study at UCLA, patients were selected who had a long-standing history of depression. They were put into two groups: placebo control and the experimental group receiving a new antidepressant medication. Brain scans were done before and after each treatment. The baseline brain scans revealed what would be expected in depression, a dampening of the left prefrontal cortex, which mediates positive feelings or high spirits, and a much more active right prefrontal cortex, which reflects a more depressive, sad, or sorrowful state.

At the completion of the study, both the placebo control group and the experimental group receiving the active pharmaceutical showed significant change in the electrical language of the brain and a nice balance of activity between left and right prefrontal cortices. In other words, the placebo control patients were able to ignite and activate other neurological pathways in the brain with just belief and expectation!

Thus, from the previous example, we can see that beliefs are like psychological filters or software that are given to us first by our parents and upbringing, and also by our teachers and the authorities of our culture. Therefore, there are both individual belief trances that determine our attitudes and behavior, but there are also cultural trances, in which we are hypnotized by the consensus beliefs of our society or culture so that we all agree to see the world in the same way. In some instances, we are taught to believe in certain limitations, thereby reinforcing what we cannot do or what is not possible.

How many of us have symbolic ships or sails on our mental horizons that we cannot see because of our cultural conditioning and individual belief trances? How do we limit our potential, our success, our prosperity, our relationships, because of bad filters?

Beliefs are the psychological filters that create our mental software, which then determines the printout of our lives. Beliefs can even change unhealthy genetic messages into healthy ones - and, of course, vice versa. If we don't like the printout, we must change the filters. We must begin by *de-hypnotizing* ourselves to dissolve bad belief filters and to create new, unblemished lenses for viewing the world and our potential. Once you break the cultural trance and personal belief trances, you are then capable of seeing things differently, as they really are, which is necessary before you are capable of change.

**Now, here's a brief exercise:**

- Choose an area of your life in which you feel dissatisfied, unfulfilled, or bogged down.
- What is the belief that is keeping you from moving forward? For example, "I don't feel I have what it takes to move into a management position."
- Now, think of a person, friend, role model, or mentor who is a successful manager.
- Get into an imaginative mode - combining the focus of your left brain with the playfulness of your right brain — and mentally blend with that person - his or her belief and confidence as a manager. Be sure to feel his or her passion, joy, and excitement as a successful manager and some of the wise decisions he or she made.
- Hold that focus for 30 seconds and then go back and forth between you in the here and now and in your optimal future as a successful manager.
- What you are doing is creating a new chemical coding in your body. You are expanding the blueprint of yourself. The more you do this exercise in a playful way, the more you begin creating a more empowering and lasting belief!

## SESSION 2 - THE PHYSICS OF CONSCIOUSNESS

Energy and consciousness are the basic building blocks of all reality creation. As you delve further into this program, you will begin to understand that as you create and shape your reality and beliefs, they take on a life of their own and then shape and create your way of being in the world.

### **Now, here's a brief overview of four laws of quantum physics:**

*First*, a photon light particle or electron can be in two places at the same time. This is an impossibility in our level of reality and would be analogous to a person being in Boston and New York simultaneously. That is called bilocation, which is not possible in our reality but quite common in the subatomic quantum world. It is also possible in the reality of certain tribal people, monks, and even some deeply religious people.

*Second*, in the quantum domain a particle or electron can go from here to there without crossing the intervening space. Again, not possible in our reality, but electrons are constantly disappearing and reappearing but not in a linear here-to-there fashion. It's as if the electron goes from existence to nonexistence to existence without a cause-and-effect process.

*Third*, an electron or any quantum particle can behave as if it were a wave or particle, depending on how the experiment is set up. This chameleon-like ability is common to all subatomic particles and so they can shape-shift like the legendary Siberian shamans and certain shamans of the upper Amazon.

*Fourth*, if two electrons orbiting around the nucleus of an atom are separated and the polarity of one electron is changed, its sister electron (faster than the speed of light) will change its angle of polarization to complement its former companion, so that they will always have identical angles of polarization. Quantum physicists refer to this strange property in the subatomic world as "nonlocality," when one quantum particle can instantaneously influence another particle over any distance, despite there being no exchange of free energy.

The point of this brief excursion into our cosmic classroom is to help you look beyond the limitations of your five senses. In other words, if you were to micro-size and shape-shift into the subatomic quantum reality of the chair you are sitting in, nothing would be static. It would be a blooming, buzzing series of vibra-

tions, a resonating exchange of strange, mysterious, and subtle energies. Every particle, photon, quark, and electron has some mysterious form of energized awareness. In other words, nothing in our domain is “dead,” but there seems to be a purpose or meaning at every level of our reality. Thus, every person has a part of himself or herself rooted in the quantum domain.

The whole purpose of this session is to help free you from conceptual pigeon holes and enlighten you. Perhaps we can begin appreciating more our connectedness with each other and to realize that as we shift our belief system of what is possible, this will ignite and activate our hidden, untapped potential and allow us to program successes in every area of our life. Remember, your beliefs always precede your reality!

**Now, here’s a brief exercise:**

- The psychiatrist Carl Jung said that everyone has a light shadow and a dark shadow as part of his or her makeup. The light shadow is the latent part of us that has yet to be developed - to be more creative, more loving, or more powerful. The dark shadow is that part of us we don’t want to look at or disown, and we will draw people into our lives who reflect a part of our dark shadow. We frequently see this in relationships in which we try to change or control that part of our partner that we don’t want to look at in ourselves.
- Think of an aspect of your mate or friend that irritates you and assume he or she is a teacher you have drawn into your life to teach you something that you are uncomfortable with in yourself.
- Some of our night dreams, where we slip into a different reality, a quantum domain, are where we try out different futures that we wish to experiment with before selecting the future we wish to drop into our reality.
- Just as you are falling asleep, ask your subconscious, over and over in a gentle, slow, and evocative way, to provide you with a healing dream to heal what needs to be healed spiritually, mentally, emotionally, or physically in your life. In turn, you will change the limiting belief about your dark shadow and thus become more comfortable with that part of your disowned self.
- The dream programming technique was used by the priests and priestesses in the Sleep Temples of Greece over 2,000 years ago!

### SESSION 3 - MEMORIES, BELIEFS, AND CELL TALK

*Our thoughts and emotions are registered in every one of our cells. They're registered in our heart, liver, kidney, and so on.*

Theoretical physicist Amit Goswami of the University of Oregon conducted an experiment on brain-wave activity. In the experiment, he selected two pairs of subjects. The first pair interacted, chatted, and created a bond between them. They were then separated, and each was placed in a Faraday cage (a copper sealed space) and were then moved 20 meters apart from each other. They could not see each other and did not know the purpose of the experiment. Both subjects were attached to EEGs monitoring the electrical language of the brain.

When one of the subjects was stimulated by a rapidly flashing light, a photic stimulator, the other subject showed corresponding changes of electrical activity in the visual cortex. Like the electrons that are bonded or entangled around the nucleus of an atom, they are forever connected and in communication with each other.

The second set of subjects did not meet or bond, and the rapid light stimulation of one subject's brain did not influence the distant subject's brain waves. *The importance of this is that our minds are nonlocal; they are everywhere, not just inside our heads.* One of the main themes of this program is that our thoughts, desires, and expectations are capable of affecting matter at a distance, thus crystallizing our goals and successes and dropping them into our everyday reality, regardless of distance or locale.

According to Seth, a metaphysicist, the most basic building blocks of our reality are what he calls "units of consciousness," which cannot be broken down any further. Each unit of consciousness is energy "made aware," much like photons and electrons, and has the ability to organize, expand, and develop, and is literally found in all places at once. Units of consciousness exist outside of time and space but have a potential or propensity for expression. In order for them to manifest into the physical, they must combine into another form, which Seth calls "electromagnetic energy." Electromagnetic units are not simply physical energy, but consciousness made physical, which then becomes energy made

aware. These electromagnetic units can operate as waves, particles, or forces and can be influenced by our beliefs and expectations.

Therefore, when you decide to program a certain goal or outcome in your life, the more intense the feeling behind the thought, the stronger the desire and expectation, and the more vivid the visualization you create, the quicker you will transmute electromagnetic units into your everyday reality. It is important to remember that NOW is our only point of power. We create and manifest the future from the present, not what happened in the past. It is only our thoughts, emotions, and attitudes held in the moment that have power.

**Now, here's a brief exercise:**

- Surgeon and osteopathic physician Dr. John Upledger engages with his receptive patients with what he calls Inner Physician and dialogues with that deep part of them that knows how to heal. Here's an exercise that you can practice for health and well-being that Dr. Upledger uses with his patients.
- Just as you are falling asleep, mentally blend with your Inner Physician or your Inner Wise Person and talk to the cells in the part of your body that need healing. Ask the less than healthy cells to move on, to die, if your will, and to come back as healthy, vibrant cells. Ask them to form a family or constellation of cells that will help you rediscover your original design or blueprint of optimum health. Do this on a regular basis for at least two to three weeks.

## SESSION 4 - THE ORIGIN OF BELIEFS

### **The six building blocks for growth and change are:**

1. Beliefs - are provided primarily by our parents, and they become what we believe to be true, our reality. All our experiences are colored by the filters of our belief system, for example: "This is the way men are," "Life is a struggle," "You must work hard to achieve success," "Don't expect too much or you will be disappointed," "This is what marriage and having kids is all about," and so on.
2. Attitudes - come from beliefs, and they are the lenses that color our world in different shades or textures from light or murky colors. For example, some women are taught, "All men are adolescents" or "You can't trust them for the long run." Men receive similar statements, "Men are boys in big bodies, insensitive louts who are unable to feel or love deeply." These beliefs will certainly color one's attitude toward the opposite sex and will determine the kind of partners we draw into our lives to support our attitudes and beliefs.
3. Thoughts - are created by our attitudes, and our beliefs and attitudes color our thoughts. Our thoughts, then, go on to create our waking hypnosis, our inner dialogue or self-talk, which "force feeds" information, feelings, or beliefs into our deeper minds at between 150 and 300 words a minute. Of course, most of self-talk is neutral, such as "I wonder where we should go for dinner tonight?" versus such limiting thoughts as "Nothing ever works out for me."
4. Feelings - come from our thoughts. You must think before you can feel. For example, if you are feeling depressed or anxious, you will find it difficult to stop thinking depressive or stressful thoughts, which then ignite the feelings to correspond to the content of your thoughts.
5. Decisions - are also one of the building blocks for change, such as the decision to act upon something in your life arising from unpleasant feelings.
6. Choices - that arise from decisions. For example, "Should I do this or that or perhaps just wait and see what happens next?"

*These six qualities are the raw materials that we use to create everything in our reality. The key raw materials, however, are belief and choice.*

Now, in order to carve the raw materials of your world you must have the proper tools. These tools are disarmingly simple, and every person in the world has the same three tools.

1. Desire - is the first tool for creating change. Spoken or unspoken, felt or unfelt, all change begins with desire. Desire is the purest of potential seeking manifestation or change. You must want or feel or desire something with a passion before the pure potential can begin to be actualized. Even Plato recognized the importance of desire, which, in his words, “must drive the soul with a reined-in craziness.”
2. Expectation - follows desire. Once you desire something — for instance, to change the belief “I can almost always work my way to the door of success, and then something happens to screw it up. I think deep down, I don’t deserve success in this area of my life.” — if that expectation isn’t working for you, then change the blueprint to “I deserve success in every area of my life, and I am now creating it and allowing it into my life easily and effortlessly.” Every positive or negative outcome in your life occurred because at one level of consciousness or another, you expected it.
3. Imagination - along with desire and expectation creates the imagery or the mental movies of success. Imagination breathes life into your goal, and it provides the energy for what might be the wishful thinking or the daydreaming whimsy of adolescence.

Remember, our beliefs and attitudes are reinforced every day by something called “waking hypnosis,” or our ongoing, relentless mind chatter or inner dialogue. Self-talk or waking affirmations are neurologically little bursts of electrical energy that program our mental software and reinforce the data in our hard drive even while we are dreaming or half-awake. We self-talk between 100 and 150 words a minute. This works out to approximately 45,000 to 51,000 thoughts a day! Most of our self-talk is neutral, such as, “I must buy those tickets for the concert today.” But, what if your self-talk reinforces negative beliefs or attitudes, such as, “I’ll never stop being shy,” “I can’t lose weight,” or “I know it’s going to be a bad day”? Some negative self-talk is part of being human, but if you keep reinforcing and breathing life into a negative belief over and over, you are force-feeding negative hypnotic suggestions into your subconscious, which can

become self-fulfilling prophecies. You can compare negative self-talk to planting weeds in the garden of your subconscious, and some people water their weeds most of the day. Guess what? It doesn't give the flowers much of an opportunity to grow!

*We cannot stop our waking hypnosis, but we can control it. We are not doomed because of our earlier conditioning. We are doomed when we exhibit an unwillingness to change.*

**Here's a summary of some belief truisms:**

- Beliefs are the skeleton, the scaffolding of our lives.
- Our reality is viewed through the filters of our beliefs.
- Our life may not follow our conscious desires and wishes, but our life is a printout of our beliefs. You always get what you want.
- Beliefs can change healthy genetic messages into unhealthy ones.
- If you don't learn to deal with your beliefs, they will deal with you. You will be forced to deal with them indirectly through illness, financial and prosperity issues, relationships, feeling powerless, and so forth.
- Our reality, our bodies, our goals, our truths about life, our memories, our possessions, our guilt, our fears, our loves, and even our bumper stickers are a reflection of our beliefs.
- Our beliefs are consciously available, not deep or hidden, but they may be invisible to us because we take them to be facts about reality, rather than beliefs about our reality.
- Be careful of the gods and beliefs you choose, for you and they will reinforce each other.
- All thought and beliefs are collectors of energy, and, as you breathe life into them, they will manifest and tumble into your physical reality.
- "I feel inferior," "I feel worthless" are not statements of fact, but of emotion that can be changed.

**Now, here's a brief exercise:**

Please write down your answers to the following questions in the space provided below. Be as honest as you can possibly be. Good luck!

What dominant belief that you learned from your parents still influences your life and/or relationships?

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How does this belief show itself in your actions and behavior with others?

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Have you tried to change this belief?

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If you didn't have this belief, how would you behave differently?

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Are other members of your family influenced by this belief?

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Is this a belief you would like to pass on to your children?

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## SESSION 5 - DIAGNOSTIC TECHNIQUES FOR BELIEF CHANGE

### *Health and Wellness*

#### **Empowering Beliefs**

I am vibrant, healthy and alive.

I am full of radiant health and energy.

I eat what is best for my health and only when I'm hungry.

My immune system is strong, healthy and powerful.

I look forward to exercising and staying youthful in my mind, body and spirit.

I honor my body and listen to its signals.

#### **Limiting Beliefs**

My body and health are out of balance.

I am in embarrassingly bad condition.

Losing weight is the biggest battle of my life.

I always get colds and the flu.

Exercise is too demanding of my time.

Getting sick and illnesses are inescapable.

### *Self-Worth/Self-Esteem*

#### **Empowering Beliefs**

Every challenge I face stimulates my inner confidence and my inner strengths.

I am continually discovering new qualities, talents, and abilities about myself.

The more I love and appreciate myself, the more love I have to give others.

I love and accept myself unconditionally.

I am very special. I like who I am and feel good about myself.

I see depth and possibilities in myself I never saw before.

#### **Limiting Beliefs**

I am powerless. My decisions are usually wrong.

I am not strong enough to make the changes to succeed.

I feel empty and weak. I am trapped by my past.

I am not worthy of love and respect.

There is something basically wrong with me.

I am inadequate and insecure.

*Career*

**Empowering Beliefs**

I look forward to taking on new challenges.

I make appropriate career choices for myself at all times.

I love my job. I look forward to going to work.

I have the ability to go far beyond the job I hold now.

I can handle whatever comes my way.

I deserve acknowledgment and advancement for my job performance.

**Limiting Beliefs**

My decisions are usually wrong and never work out.

I feel as if I am on a treadmill, going nowhere in my career.

I have no enthusiasm or energy about my job.

I don't have the skills in the critical areas.

I don't have the creativity to succeed at work.

I am not appreciated for what I do at work.

*Wealth and Prosperity*

**Empowering Beliefs**

My financial success is assured.

I have a strong belief in my ability to manifest financial prosperity.

I have released all fear and desperation around money.

I deserve financial prosperity and abundance.

I am a superb money manager.

Financial, emotional, and mental prosperity are my playgrounds of life.

**Limiting Beliefs**

I can't earn enough money to support my lifestyle.

I do not have the confidence to create wealth and abundance.

I cannot overcome my past failures around prosperity.

I feel guilty about being wealthy.

Money seems to flow through my fingers.

Making money is a struggle. I can never get ahead.

*Personal Power***Empowering Beliefs**

I am fully in charge of my own life.  
I respect myself for how hard I try.

I focus on excellence and what it means to me.

I think for myself. I stand up for my ideas.

I am willing to take risks.

I have the power I need to solve most of my problems.

It's OK to disagree with others.

**Limiting Beliefs**

I am not good enough no matter.

I feel uneasy when I step outside my comfort zone.

I try too hard to please others.

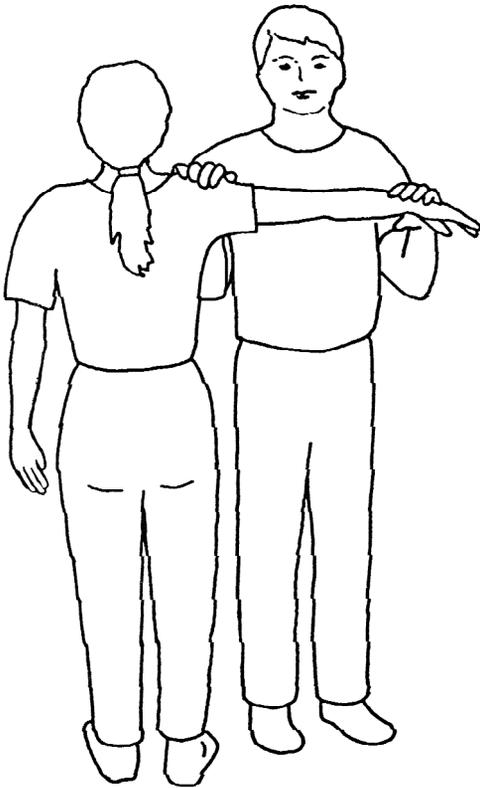
Failure is very upsetting to me

I have very little control over my life.

I find myself going along with people, regardless of how I feel.

**The four diagnostic techniques for communicating with your subconscious are:**

- The pendulum
- Ideomotor questioning
- Muscle testing
- Visualization



### **Muscle Testing - Belief Test**

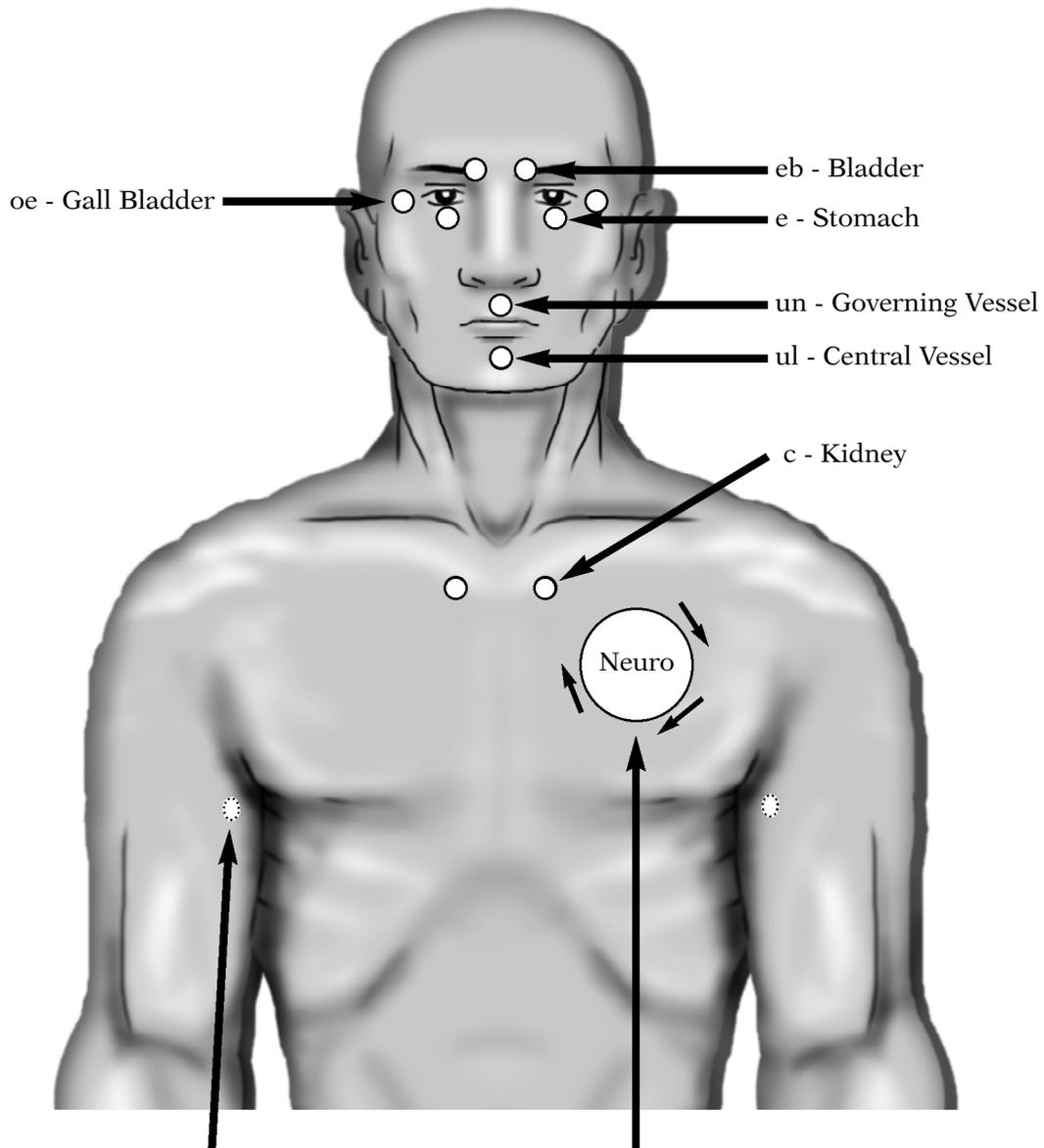
\* You'll need a partner to do the following muscle tests.

Then test:

- I want to be happy
- I want to be miserable
- I am patient and forgiving
- I openly receive and accept love, support, and respect
- I no longer expect perfection from a relationship
- Loving myself and others gets easier every day
- I am open to receiving financial abundance
- I am worthy and deserving of a loving relationship
- I must work hard to achieve success
- I like and respect who I am
- I look forward to personal growth and change

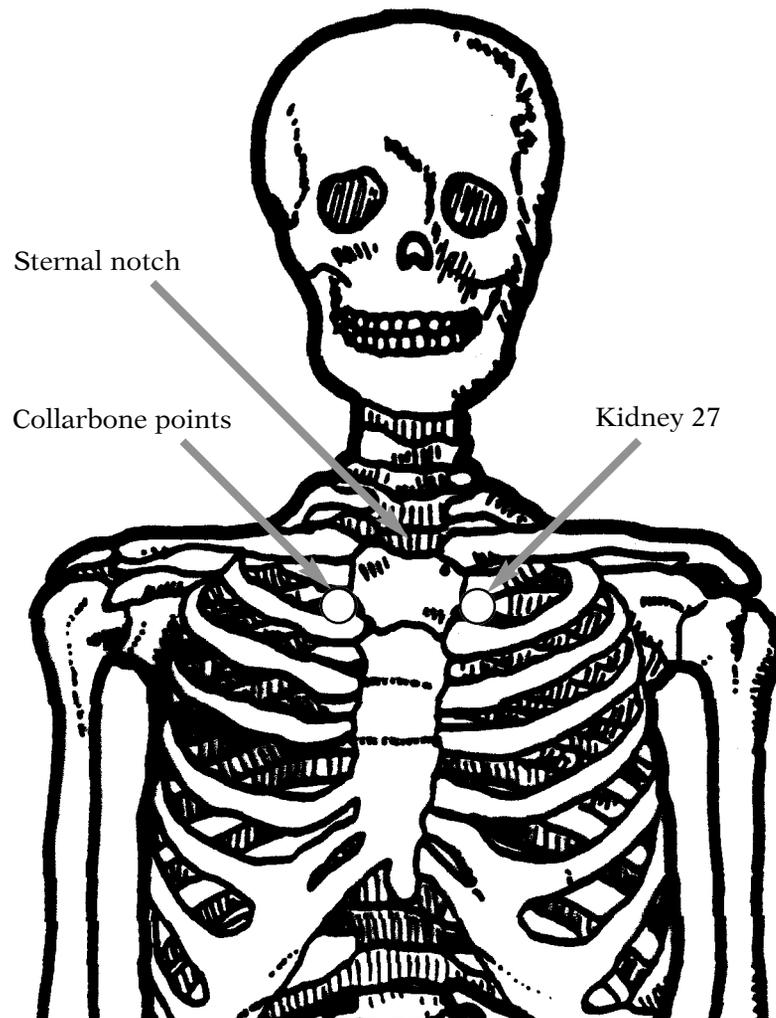
\* Be sure to reverse the roles with your partner and then compare which beliefs you need to work on and reprogram.

SESSION 6 - THE EMOTIONAL FREEDOM TECHNIQUE



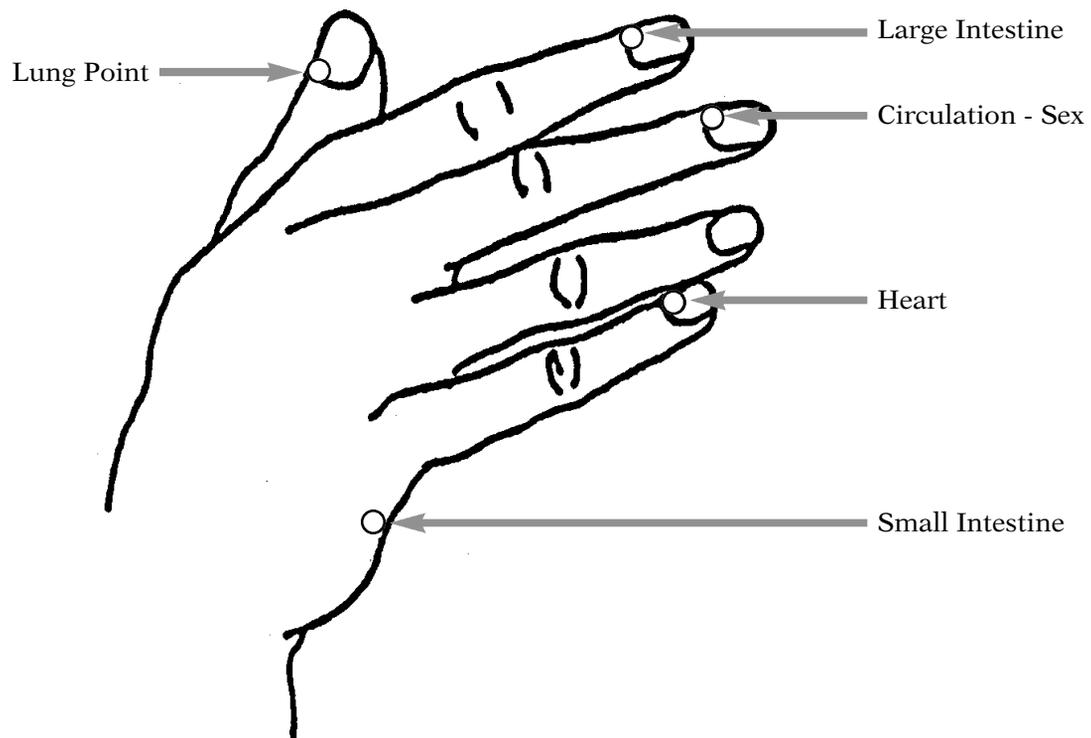
a - Spleen  
 This point is located on the torso, four inches down from armpit, opposite where a man's nipple would be.  
 [Note: the point is hidden by the arm in this illustration.]

Neurolymphatic  
 Reflex Point



The collarbone points are one inch down from your sternal notch and one inch to the left and to the right. These points affect kidney 27 (fear).

**Acupressure Points (Hand)**



For more information on EFT, you can access Gary Craig's website at:  
[www.emofree.com](http://www.emofree.com)

## SESSION 7 - CHANGING THE PAST: CREATING AN OPTIMAL FUTURE

*We create every bit of our reality through our beliefs, desires, and expectations. We create our reality by mentally programming certain outcomes in our life or by simply allowing and accepting whatever comes our way. All are programs and all work!*

The old reality, creating paradigm based on Sir Isaac Newton's mechanistic, clockwork universe says the past creates the present and that we are the product or victim, depending on your point of view, of our past. The new world of quantum physics suggests that the old mechanistic physics explains only a fraction of how the world works. Quantum physics suggests that *the future creates the present against the backdrop of the past.*

If you want to know what your future looks like, look at your life and your reality today. Your current present is an indicator of what you are becoming. So, if you decide to become happy, fulfilled, prosperous, and healthy in all areas of your life, that probable future is going to create your present more powerfully than you could have ever imagined.

You have hundreds or even thousands of possible futures out there in pure potential. Some are nightmare futures like, "I will get cancer and die like my mother at an early age." Some are average futures like, "I'll just wait for my gold watch when I retire at 65." And, some are brilliant futures like, "I will be president of my company by age 50." So, we are lobbing out dark and light futures all the time. What about adolescents and their dramatic absolutes, "I will just die if I don't get asked to the prom" or "Who wants to live to 30? I'd rather die than get old." All those thoughts are out there, but fortunately you don't keep breathing life into those negative futures and eventually they lose their impact.

All the futures out there are constantly influencing and impacting each other. It would be similar to throwing hundreds of small pebbles into a pond. Some create big ripples, and others are barely noticeable. All your possible futures are like the ripple waves of a pond; every ripple is touching and affecting each other to varying degrees, and all have impact. Thus, all positive and negative waves are changing, strengthening, or diminishing each other all the time. Every single future you have thrown out there is having an impact on you, whether you realize it or not!

**Now, here's a brief exercise:**

Turn off your CD player and proceed with the following exercise. Be as honest and specific as you can with your answers. Good luck!

Write down your typical day one year from now. What would you like it to look like?

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Write down your typical day two years from now.

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Write down five goals you would like to achieve. Combine all the different areas of your life: career, relationships, family, spiritual, etc. What is missing, and what would you like to create?

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What qualities do you have to develop or strengthen in yourself in order to achieve and step into your optimal future?

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## SESSION 8 - BUILDING PERSONAL POWER

*Self-esteem is the immune system of the mind and of the spirit. Self-esteem is our experience of feeling competent to cope with the basic challenges of life and feeling happy, worthy, and deserving of happiness. People who have the greatest sense of self-esteem are those who feel they are doing their life's work. Genuine self-esteem is what we feel about ourselves when things are not going right.*

### **Some qualities of low self-esteem are the following:**

Victimhood - Victims have little or no confidence in themselves. They feel sorry for themselves; they feel they have been wronged in life; they feel unappreciated, misunderstood, and treated unfairly. Victims rarely want to be responsible for anything. They will try to get you to do things for them. Victims frequently try to manipulate people through guilt, and they always feel let down so they can place blame. Victims give their power to the past, "If I had different parents," "If my dad had more money," and blame, blame, blame.

Martyrhood - Our Judeo-Christian culture ethic that so many of us have been conditioned to and raised by emphasizes the virtues of learning through pain. No pain, no gain. Our culture has also revered struggle, suffering, hardship, and sacrifice. This has been conditioned into our collective consciousness, so that some people don't feel right about achieving or succeeding without first going through struggle, mini-failures, and so on. Here are some qualities of martyrhood that you should be aware of:

1. Feeling unappreciated
2. Feeling misunderstood
3. Feeling hopeless
4. Feeling burdened by impossible demands
5. Feeling there is no solution
6. Feeling innocent of all wrong-doing
7. Feeling mistreated

Undeservability - This can hold you back and stagnate you in the past.

Undeservability also puts successes out of reach and more or less slows your momentum into the future. It freezes you in the past or takes you back to where you were, rather than where you are going.

Shame - No emotion wounds as deeply as shame. It is at the root of many, many human conflicts. People who have been treated with ridicule, contempt, disdain, betrayal, abuse, or abandonment experience an almost continuous low-grade sense of humiliation and unworthiness. Also, people who have never been appreciated or shown empathy and understanding almost always end up apologizing for their existence.

Feeling better than or less than - When you compare in a “better than” fashion, that’s arrogance and “less than” is demeaning. No one is better than or less than — for example, the drunk on skid row or the homeless person begging on the streets — but you can be “more than,” and that’s the key.

Limitations - Continuously arguing why things won’t work, why it’s too difficult, why it has never worked before, why there is no point in trying, and so on.

**Some qualities of *high self-esteem* are the following:**

Goals - People with high self-esteem are continuously seeking the challenge and stimulation of worthwhile goals. Goals are the purpose to all human activity. It’s not necessary or even possible to achieve all our goals, but it helps us become more than what we were. There are two ways to create our reality, to set goals and program an optimal future or to simply allow whatever comes your way. Both are programs and both work. High self-esteem people love themselves enough to dream and to create the future they will be stepping into.

Live consciously - People with high self-esteem live consciously as problem solvers, having a respect for facts and truths while being present in the now when someone is talking to them. They have a passion for self-awareness, an awareness of their inner world, not just the external world. They are quick to forgive themselves and others. They release the past and don’t try to make the

present conform to the past by hanging on to grudges or seeking revenge. They realize that it's not the prisoners who spend more time in prison, but the warden.

Good boundaries - They can say no to what doesn't seem to fit or feel right for them.

Humility - Humility is seeing each moment or experience in life as brand new without judgment.

Altruism - Altruism is being helpful or of service to others, whether by doing volunteer work, being a big brother/big sister, or whatever you choose to contribute to create a higher sense of well-being or even excitement.

Accountability - People with high self-esteem realize they are accountable for creating their life and their reality.

Emerging spirituality - People with high self-esteem have a connectedness to all living things, creatures and human alike. They believe that there is a higher power and seek to increase their connectedness to this creative energy.

## SESSION 9 - TECHNIQUES FOR BUILDING PSYCHOLOGICAL NET WORTH

*Techniques for programming and reprogramming your subconscious mind.*

Full-Brain Programming - This basic technique can be done in a relaxed, meditative mode while sitting or lying down. Begin by selecting a right-brain mental snapshot that represents a self-esteem goal — for example, seeing yourself making an effective sales presentation, giving a speech, or being a more loving, attentive parent. Create the right-brain mental picture of a collage of snapshots, as if your goal has been achieved.

When you picture yourself in the right-brain mental image, flood yourself with pride; maintain an erect posture and an expression of laid-back confidence or self-assurance on your face. Then start bringing in left-brain belief statements to support the imagery, such as, “I am expressing my ideas confidently, easily, and effortlessly,” “I am increasingly more confident in my ability to give and receive love,” “I am now the top salesperson in my company.” Thus, while you are picturing your end-goal outcome, you are silently planting the belief seeds in the garden of your subconscious.

All programming should be done for no more than 30 seconds at a time. You may start by just programming the left-brain belief statements - stop. Then do the right-brain mental movies for 30 seconds - stop. Then for 30 seconds just feel the emotions of success that you will be experiencing upon the successful attainment of your goal. You then may mix and match, depending on what works best for you.

**Here are some self-esteem belief statements to complement the mental movies and feelings you will be creating:**

- I love and accept my self unconditionally.
- Every challenge I face stimulates and ignites my inner confidence, my inner strengths, my inner calm.
- I am consciously creating success as a \_\_\_\_\_, easily and effortlessly.
- I am influenced only by positive thoughts and positive people.
- I have released all negative influences from the past, and I am now stepping into my most optimal future.
- I deserve and I am responsible for successes in every area of my life.
- Both my conscious and subconscious minds are working as partners to raise my confidence and feelings of inner worth and success.
- I desire success; I expect success; I am successful as a \_\_\_\_\_.
- At least one of my dream cycles every night is a healing dream, healing whatever needs to be healed from the past or present, spiritually, emotionally, and physically.

A variation of the basic full-brain programming technique, especially if you are having difficulty in creating an image of success and confidence in yourself, is to take an image of a past success and use the pictures, words, and feelings to create an emotional bridge from the past to the present. This will work as a stepping stone to a more optimal future.

Whoosh/Swoosh Technique - In your mind's eye, picture an old image of yourself in which you are dejected, frustrated, and lack confidence. Picture that scene in black and white and then quickly whoosh that old image away in an explosive manner and then swoosh in a new image in bright, vibrant color. This new, bright image is alive with confidence and self-acceptance. Do this several times a day. This imagery can work in almost any area of your life you wish to strengthen and reinforce your self-esteem.

## SESSION 10 - THE POWER AND MAGIC OF MANIFESTATION

*There are energies of change and manifestation that will add another dimension to your mental programming tools; they are the superchargers that will allow your dream or goal to tumble into your reality much more quickly and easily.*

### **The energies of change and manifestation are these:**

Trust - To trust totally in yourself and completely release any doubts about failure. To trust that whatever programming techniques you decide to use will work. Trust projects a kind of charismatic energy and attracts and draws success into your life without struggle or speed bumps along the way.

Expectation - Expectation is one of the three tools for creating our reality. Desire and imagination are the other two. Expectation seems to ignite a certain magic, the alchemy of our mind and spirit, so that we can transmute the lead of our self-doubt and negativity into the gold of our dreams and optimal futures.

Power - Power is the ability and willingness to act, to create, and to put into action the emotional strengths of dreaming and visioning. As we expand our consciousness as to what is possible, we also expand and allow more power into our lives.

Value - As you value yourself and are aware and in touch with your worth, self-respect, and confidence, you will provide the fuel to draw valuable things into your life. Value is an energy, and the more you value yourself, the more you win. In the law of attraction, like attracts like, and value attracts value.

Intensity - Intensity doesn't necessarily mean grunt and groan. Intensity can be loud or quiet, and it means a willingness to be in the moment, a willingness to stay there, to be in the groove or in the zone. Intensity also means paying attention to what is said and how it is said. Intensity involves the courage to live deeply, to reflect more clearly, and to awaken that part of your spirit that has fallen asleep or been asleep because of a lack of intensity. Intensity fosters more awareness, encourages humility, and helps you find those rare sacred moments in life.

Gratitude - Gratitude is a sense of being thankful for what you have and what you have created. Gratitude has to do with the joys of life. Gratitude is a celebration of being able to recharge and rebalance yourself regardless of what happened in the past. Gratitude is that quiet smile when things are going right, as they should. Gratitude is also one of the major forces and energies of love.

So, while visualization, empowering belief statements, and emotional affirmations provide the resonance of change, in order to move along your chosen path, you must have trust, expectation, power, value, intensity, and gratitude. These are the energies, the fuel of change!

### **The seven principles of the Huna philosophy:**

1. The world is what you think it is - This is the cornerstone of the Huna. It means what we have been saying all throughout this program: You create your own personal experience of reality through your beliefs, expectations, attitudes, desires, fears, judgments, feelings, and persisting thoughts and actions.
2. There are no limits - There are no real boundaries between you and your body, you and other people, you and the world, you and God. Separation is only a useful illusion. We are all one and connected with All that is.
3. Energy flows where attention goes - Your thoughts and feelings form the blueprint for bringing into your life the nearest possible experience equivalent to those feelings.
4. Now is the moment of power - You are not bound by the past or by any perception of the future. You have the power to change limiting beliefs and consciously plant the seeds for a future of your choosing.
5. To love is to be happy - The universe exists because of love. Humans exist because of love, even when they don't acknowledge it. In Huna, love involves the creation of happiness. It is not just a side effect. Love is the only ethic needed in Huna.

6. All love comes from within - There is no power outside of you, because the power of God or the universe works through you, in your life. You are an active channel for that power.
7. Effectiveness is the measure of truth - In an absolute universe, which Huna assumes, there cannot be an absolute truth. Instead, each truth must be effective for you. Any organization or system of knowledge is seen as convenient, not factual. Another way of saying that is all systems, schools, and philosophies are arbitrary, so feel free to use what works.

**Three simple guidelines for the practice of Huna:**

- Bless the present.
- Trust yourself.
- Expect the best.

## SESSION 11 - LEARNING AND PRACTICING SELF-HYPNOSIS

*Hypnosis has an aura of mystique to it, and people will either assign it great and unimaginable power or will shy away from it because of the strange and somewhat unfortunate demonstrations of stage hypnotists or the dramatic portrayals by television and Hollywood.*

Hypnosis is still a bit of a mystery, but at least it is becoming a comfortable mystery. Now, what actually happens during hypnosis is, first, there is a shift from left-brain to right-brain dominance. This is important, as it quiets the left brain's logical, analytical inner critic. There is also a significant slowing down of brain-wave activity from a normal waking 30 to 40 hertz, or cycles, per second down to high theta - low alpha, 7 to 8 cycles per second. There is also a shift from cortical to subcortical functions, where you can have more control over mind/body functions.

The key to successful hypnosis is absorption. The more you can absorb yourself in a task, such as visualizing a certain goal, the deeper you will go. Secondly, the more you can dissociate, be in two places at once, such as stepping into an optimal future while you are lying on your couch at home, the deeper you will go and be more open to the third quality of a good hypnotic subject, suggestion.

**There are several different kinds of hypnosis, each having different beliefs and expectations.**

Clinical hypnosis is motivated by a person wanting to be helped, either to overcome a habit, learn to manage pain, build self-esteem, deal with stress and anxiety, receive suggestions for sleep dysfunction, or literally dozens of other problems that can be successfully managed with the clinical applications of hypnosis.

Experimental hypnosis is what is usually conducted in research and university settings. The motivation may be to please a professor, be paid as a subject in a research project, or simply as an altruistic gesture of service to advance knowledge.

Demonstration hypnosis is what is usually done in professional training workshops. The motivation is to both teach and learn hypnosis, and volunteers are usually professionals: psychologists, dentists, or physicians who want to learn and apply hypnosis in their practices.

The entertainment trance, or stage hypnosis, unfortunately is what has given most of the public a false and distorted understanding of hypnosis.

Forensic hypnosis is used by professionals to assist the police and help witnesses and victims of serious crimes to refresh their memories. I have conducted over 100 hypnotic interviews for the R.C.M.P. and Vancouver police over the years, and forensic hypnosis for memory retrieval is reliable only about 50% of the time.

There is also the spontaneous trance, in which, under certain conditions, a person will go into a trance state to ignite and mobilize certain powers, such as a 110-pound mother lifting a Volkswagen when the jack collapsed pinning her son under the car.

Peak performance hypnosis is used with Olympic and professional athletes to mentally rehearse and enhance athletic abilities and to visualize optimal performance. Incidentally, you can use hypnosis and trance interchangeably, as they are one and the same.

Unfortunately the involuntary trance does exist, in which people can be made to do things against their will. This has been used by the CIA and other similar agencies in different countries. However, this requires a great deal of expertise and many repetitions over time, and it is frequently reinforced with sodium pentothal.

Finally, there is the belief trance or waking trance, in which we are living out the beliefs that were conditioned and reinforced during our formative years, between the ages of two and 12. This is when our brain waves were in theta-alpha, the most hypnotizable and programmable of all brain waves, during which we are most suggestible to the beliefs given to us by our parents, teachers, friends, and the media.

**Now, here's a brief exercise:**

Write down your answers in the spaces provided below.

Turn off your CD player and select a goal or a new, more empowering belief that you would like to achieve. For example, "I have the ability to go far beyond the job I hold now," would be a career goal. A prosperity goal might be "My financial success is assured for the rest of my life."

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Once you select your goal, it is important to be as detailed and specific as possible. For example, you would never go into a restaurant and say, "I want food." You might say, "I want a salmon fillet with mushrooms, lots of tartar sauce, tomatoes and lettuce, no salt, and well cooked." I am sure you get the idea. The more details, the better.

Then, for the right brain, select a collage of two to four images that would represent the successful attainment of your dream. For instance, if you got the promotion in your company, what would you see that is different that you are not seeing now? For example, a different office on a different floor with a better view, a different title, new cards with your new designation in the company, a personal secretary perhaps? How would your paycheck at the end of the month differ from what you are receiving now?

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For your left brain, write down one to three new belief statements that would reflect your achievement. Remember, we are bringing the future into the present, as if it has already happened. For example, “I am now vicepresident of financial planning. I see depth and possibilities in myself I never saw before, and I deserve and am worthy of every success I have created. “

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For your emotional brain, the limbic system, what are the feelings you will be experiencing? Joy? Pride? Elation? Excitement? Write it down.

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Write down at least two verbal affirmations or belief statements, two visual affirmations, and two emotional affirmations.

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**Hypnotic Induction:**

You will be asked at the count of one to take a deep breath and roll your eyes up, so you are looking at your eyebrows. At the count of two, you will gently exhale, at the same time allowing your eyelids to lower slowly, but keep your eyes slightly “above the horizon” under your lids (the purpose of raising your

eyes up is to help you dissociate). At the count of three, take a deep breath, and as you inhale, mentally step into the body or waxy part of a large candle. The flame will be well above you, and as you exhale, feel or imagine the melting wax of the imaginary candle melting away tension from the top of your head to the tips of your toes. We will do this three more times.

You will then imagine or picture a blank blackboard. Remember, when your eyes are closed, you are no longer looking at the world through lenses, so you will be sensing, feeling, or pretending you can see the blackboard, rather than seeing a clear sharp image as if your eyes were open.

Then you will put a number on the board of where you think you are from 1 (no relaxation) to 100 (profoundly relaxed).

You will then deepen your own awareness by mentally adding the numbers on the board. With each successive number you add, you will be slowing your brain waves down and going into a deeper, more empowering octave of consciousness, where you will be more open and receptive to mentally reprogramming your optimal future.

Once you have gone deep enough, your subconscious will raise your yes finger to let you know you are as deep as you need to go. You might want to go back to Session 5 and review how to establish yes and no fingers to communicate with your subconscious. If you don't have or can't get a yes finger, don't worry; you will sense when you are there.

All programming should be done for no more than 30 seconds, but do it with gusto. Always repeat the suggestions or verbal, visual, and emotional images several times. Before bringing yourself back, again, repeat the suggestion to your deeper mind three or four times to provide you with at least one healing dream every night so that you can heal whatever blockages you may have.

Then, you can simply reorient yourself by suggesting that you will come back refreshed and energized. The whole process should not take more than five minutes.

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## SESSION 12 - CREATING YOUR OPTIMAL FUTURE: GUIDED VISUALIZATION

### **Preparation for Creating Your Optimal Future:**

1. This guided visualization session should be listened to only when you are sitting or lying down at home or in a comfortable, quiet setting. Do not listen to this session when you are driving a vehicle of any kind.
2. Be sure you have written down or memorized your verbal, visual, and emotional affirmations and imagery, as described in the self-hypnosis session.
3. The guided visualization will begin by going into a garden and awakening each one of your five senses, one at a time. Try to spend no more than 10 seconds for each sense and in some instances you may wish to use your memory of certain sensory experiences.
4. You will then see a magnetic belief screen and be guided to go back and forth through the screen several times, filtering out limiting beliefs, self-doubts or any other possible limiters and roadblocks, which will symbolically look like a residue of gunk, tar, or soot. You will scrape the residue of negativity off both sides of the belief screen into a bowl, then hold up the bowl facing the sun and transmute the negative energy into a brilliant, dazzling, powerful, empowering energy that will look like billions of brilliant sparkles. You will then pour that energy over your body and lather it into every cell of your body.
5. Off to one side there will be a vase standing three- or four-feet high, with a top on it. Lift the top and put inside the vase whatever health issues or other possible limitations you would like to release from your life and then put the top back on securely.
6. In front of you there will be a beautiful tree. You will be asked to sit on the ground with your back up against the trunk, and you will be surrounded by a cocoon of chi, the life force, which looks like billions and billions of sparkles. The chi will be used to progressively relax you.
7. Take the next 30 seconds and focus on the space between your ears, without any effort or trying.

8. I will count from 1 to 10 to deepen your awareness even further.
9. You will then be guided to mentalize or visualize your goal, as I reinforce it with positive belief statements. This will be done several times.
10. I will then make suggestions to connect you with your optimal future self that has achieved your dreams and goals.
11. And, finally, the suggestion will be made that when your conscious and sub-conscious minds agree to work as partners to help you achieve your new belief goals, your eyes will open.

You can listen to this just before going to sleep. When your eyes open, turn off your CD, and you should be able to slip into a deep, restful sleep.

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