



Pre-journey preparation

You've got to be before you can do, and do before you can have – Zig Ziglar

Welcome to the start of an empowering journey of love and excellence! It is up to you how far you take this journey and how much you get from it. This information is free – so take what you can from it!

Before you begin a journey, it's always beneficial to know where you are heading – otherwise you could spend wasted time and energy along the way. I want the power to be in your hands throughout this special journey and for you to know where you are going – thus the reason behind this pre-journey preparation. The rest of the journey is based upon the information in this pre-journey preparation material. Enjoy and make the most of this first step in the journey that you have chosen for yourself.

My practice is based on a few simple principles. The first one is **excellence** – we are all able to excel when we choose to! I believe that everyone is able to excel and be excellence! The second principle is one of **love** – everything I do is driven by love for myself and others – there may be times where I push you into a corner and you may not like it – but I do it from love in order for you to love yourself. The third principle is **ecology** - we are all connected to each other through every thought and behaviour– it is necessary that our thoughts and behaviour serve ourselves and others even more ecologically than they are doing already! The last principle is **fun** – the journey of life should be fun! I hope to make your journey as much fun as you will allow it to be!



What determines who I am?

The question “Who am I?” is a very loaded one, but “what determines who I am?” is quite simple. You are the sum of all the decisions that you have made, both conscious and unconscious, throughout your life!

All our decisions have a simple beginning – our senses....



What five senses do you see in the picture above?

Your senses take information in and cut it down into something that we can understand – it either distorts, deletes or generalizes the information for the conscious mind to process. That voice in our head (self talk) is also busy at this level.

That information then goes through three filters to sort it out even further. The first filter is the Key Focus Filter. During one of the sessions in your journey, you will evaluate your current Key Focus Filter and possibly install a new one that resonates more with your new self. The second filter is the Core Focus Filter that deals with our core needs; and the third is a Process Focus Filter, which considers our make-up, values and beliefs. The information that is left determines our state of mind – this then gives rise to our behaviour. Therefore a positive state of mind will result in positive behaviour and just so, the opposite is also true. Whatever organizes those filters is what controls who we are.



We have a special mechanism inside us that makes us stay who we are ... should we divert from that 'comfort zone' or comfortable behaviour – that special mechanism will return us to that comfort zone.

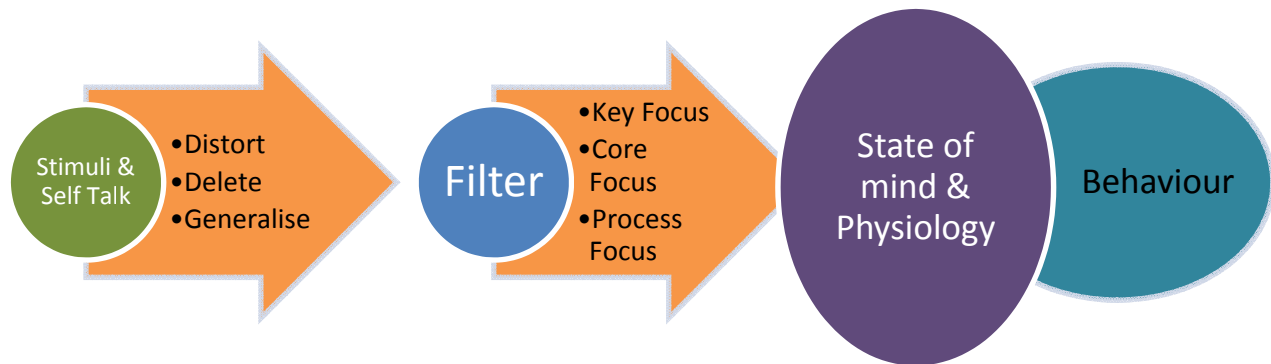


Diagram showing how our input affects our behaviour

What is my conscious mind?

This is the part of you that is the goal setter, that thinks and reasons and is able to make decisions and store short-term memories. The conscious mind only controls 2 – 4 % of authentic perceptions and behaviour, only after 99% of the incoming information has been filtered.

If the conscious mind is doing so little for us, who *is* doing all the work?

The Unconscious Mind

Why do I need an unconscious mind?

Your unconscious mind manages your whole body – your breathing, your heartbeat and your energy levels. Your unconscious mind is also where the distortion, deletion, generalization and filtering occurs. It therefore controls 97% of your perceptions and behaviour. Therefore our unconscious mind determines who we are. It sees things in pictures and patterns along a chronological time line.



For long-lasting effective changes in our behaviour the changes need to occur in the unconscious mind.

Your unconscious mind has a set of instructions (on the next page) by which it works – it is necessary for your conscious mind to know these, since we want the conscious and unconscious mind to merge, trust and create the life that you want to lead.

As part of your journey, you will communicate with your unconscious mind to make your unconscious mind prepared to move out of that comfort zone, be whole again, and to eliminate any negative emotions that you may be harbouring – conscious or unconscious. Your journey is in line with the prime directives of the unconscious mind (on the next page).

As you can see – your unconscious mind is in control and it loves you and only wants the best for you What if you could develop a relationship with your unconscious mind...

Do you trust your unconscious mind?



Here is a list of the key instructions given to the unconscious mind:

- Its main objective is to preserve the body.
- The seat of emotions.
- Stores memories.
- Runs the body from a perfect blueprint.
- It does not process negatives, therefore it ignores the 'not'. Say it as you want it
- It is curious and therefore always wanting to discover more.
- It controls and maintains all perceptions and sends them to the conscious mind.
- It enjoys serving and it needs clear and consistent instructions to follow.
- It is a highly moral being.
- Organises all memories along your time line .
- Keeps memories with unresolved negative emotions inside.
- Re-presents suppressed memories for unraveling when it thinks you are in a better state of mind to deal with it.
- It takes the path of least resistance.
- It takes everything personally because there is no one else but you - it loves you.
- It is symbolic where every single symbol will have a different meaning to anyone else's.
- It functions best when whole – as an integrated unit.
- It maintains instincts and generates habits through repetition.
- It generates, stores and distributes energy in the body.
- It may keep the repressed memory hidden forever to protect the body.



What I perceive, I project – how is this possible?

This means that what I see I give off – if I see only negative then I will give off negative OR if I see only positive I will give off positive.

Because your unconscious mind receives 400 billion bits of information per second and deletes, distorts, generalizes and filters it down to 2000 bits per second for our conscious mind to handle, what you ‘see’ will be different to what I see – right?

If you are looking for the good in someone you *will* see it OR

If you are looking for the bad in someone you *will* see it

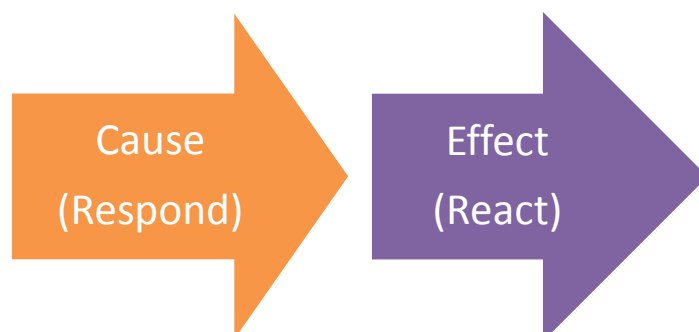
Our unconscious mind determines what we perceive as a result of our senses and filters, and because of this it determines our state of mind and therefore our behaviour – therefore we project what we see. Should we want to adjust our perception it will have to occur at an unconscious level.

If you have to think about yourself – what are you currently projecting and how is that a reflection of what you are inside?

So, what is it that you would rather perceive? What is it that you would like to project?

What if you are responsible for what you are projecting?

What does it mean to be living on the CAUSE side of life?





One of the natural laws in life is the ‘**cause → effect**’ law. If you are living on the cause side of life you are **responding** to occurrences in your life. If you are living on the effect side of life you are **reacting** to occurrences in your life. On the cause side you are proactive and on the effect side you reactive. What the law states is that for every action there is an equal, opposite reaction. You are therefore **ALWAYS** at cause, even though sometimes it is difficult to explain logically.

Your results are the effect of your thinking and your behaviour. There can’t be more on the effect side than there is on the cause side, because it’s balanced. If you decide to live on the cause side of life (even though you can’t always explain it) you will be empowered and open to new learnings. If you live on the effect side of life you are not open to make new learnings from life.

Which side of the equation would you rather be on? Which side are you on currently – the cause or effect side? Think carefully and honestly.

In order to continue on this journey you will need to take responsibility for your life ... 100% of the time.

How can I achieve success?

There are 5 principles for success:

1. **Know your outcome.** You need to have a specific goal in place. By the end of the breakthrough journey, you will have a goal set in your future timeline to ensure success.
2. **Take action.** A goal will not materialize unless you do something to get there. As soon as you have set your goal, take one necessary step forward and the rest will follow.
3. **Be sensory acute.** Watch out for moving away from achieving your goal. The question to ask yourself is “is what I am doing now going to help me to produce the results that I want?”
4. **Be flexible.** The more flexible you are in producing your outcome, the more in control you will be.



5. **Operate from a physiology and psychology of excellence.** Make sure that all 5 of your senses, your self-talk and your posture and body are ALL working together to achieve love and excellence. This is called congruency, every cell in your body agrees with what it wants.

Very often we are unaware of what we are carrying ... and therefore we are unaware of what may be standing in our way.

I didn't believe I had any anger in me ... until I started my breakthrough journey! I was very shocked when I found out how much anger and guilt I was carrying. With that harboured anger removed, I found that sadness and hurt were instantly removed with it. There was a link between all of them. Going through the steps of eliminating my negative emotions was empowering for me – I felt lightness inside ... a relief after letting go. I created a newfound love for myself that allowed me to walk with confidence and love others ... what an extraordinary experience! Towards the end of the breakthrough journey I let go of my arthritis and fashioned a new lifestyle supporting that – all unconsciously!

This would be an equally empowering experience for you too. It involves a journey of communicating with your unconscious mind in order to let go of all those negative emotions and limiting beliefs causing dis-ease in your body, and allowing your unconscious mind to integrate with your conscious mind to preserve your body and let it run according to your blueprint!

What my personal breakthrough journey involves?

If you see value in reconciling with your past and building a trust between your conscious and unconscious mind, then this journey is for you. It involves trust, empowerment and focus to achieve a whole new you, rising up, ready to face the world!

The journey requires your full commitment and involvement at:

- Learning to drive your own life forward through education



- Dealing with the past by eliminating negative emotions and limiting beliefs and integrating parts of you to make you whole again!
- Working congruently with the NOW.
- Building a future towards your achievable goal.

Success is then up to you!

What is this worth to you?

I have a fixed price for my life coaching programs, but you won't find out until you give me an answer to the above question. All the sessions are one on one and personalized to your specific needs. I am here to empower you to live the life you desire – so, let me know what you desire and I will show you the way!

I want clients that are ready to change, that are able to see the value in doing something like this. Call me (083 743 0962), send me an email (shelley@lifeessencecoaching.co.za) and we will arrange to meet!

With love, to your excellence!

Shelley