

Module 8 Worksheet

Natural Laws of the Mind

1) Every THOUGHT creates an EMOTION that creates a PHYSICAL REACTION!

Example: Late at night you hear a noise... your thought is... maybe it is someone trying to break into my house! This thought then creates the emotion fear that, in turn, creates the physical reaction of rapid heartbeat, muscle tightness, etc.

However, if you hear a noise late at night and realize that it is your teenager returning home. Your thought... is Johnnie is home...your emotion may be relief...the physical reaction is then a sigh of relief, muscles relaxing, etc.

They were both a noise in the night!!! Then your thoughts took over and created the rest of the scenario.

The best news is that YOU control your thoughts! You probably never realized this before but it is true...you can change the way you think about any event or situation in your life!

2) What is expected tends to be realized.

If you expect to fail...generally you will!

If you expect weight loss to be difficult or easy...it will be!

So change your thoughts about your experiences and empower your life!

3) Only one idea or thought can be entertained at once.

Whenever you notice negative thought entering into your mind, picture a large, red STOP sign. Then consciously reword that thought into an opposite positive thought.

Example: Thought – “I can’t lose weight”. STOP SIGN “I am getting slimmer and more fit every day”!

4) If you cannot think of a positive opposite thought...

Picture a large purple elephant! It will make you smile and will break the pattern of negative thinking. You can even name the elephant...mine is named Matilda!

5) Imagination is more powerful than knowledge.

This is because our imagination is in our Subconscious mind (95% of our brain’s processing power) while our knowledge is located in our Conscious mind (5% of our brain’s processing power).

Example: Conscious Mind – “I shouldn’t have that slice of cake”. Subconscious Mind – I love cake and it makes me feel good!

How often does your Subconscious Mind win? Probably most of the time! This is why it is so important to use hypnosis to change the beliefs of our Subconscious Mind. When we use hypnosis it stops the battle of wills between our Subconscious and Conscious Minds.