

VISUALIZE - CAN DO

At the end of this module I want you to have a very good and clear understanding of the concept "Visualize" (how to hack the human mind) and the tactic "Can Do Method" as these two are very key to getting the results that we want.

VISUALIZE - "how to hack the human mind"

SW*A*T*=D*

THE FACTORS:

- 1) SW = Spoken word, external voice (+/- conviction) – Nature is like LIQUID – the most controllable – does not require any form of belief just repetition until a critical mass starts to influence (T) thoughts – the process of vocalizing aligns action with it
- 2) A = Action – nature is SOLID – not easily changed – very influenced by spoken word – also influenced by will
- 3) T = Thoughts, belief, emotions, awareness, inner voice – Nature is like GAS – difficult to control – very influenced by imagination

THE RESULT:

D = Direction – where things are going

If any two "Factors" are aligned the third always tries to align itself in the same direction - if this is not happening the individual is exerting a lot of energy to prevent the alignment and this resistance can invariably be overcome through repetition of one of the other factors.

For example if your thoughts are sad and your spoken words are sad your actions would be that of a sad person and your

direction is sadness

Use the word “WILL” in any sentence of purpose

- Helps avoid denial
- Anchors in the present

For example:

“All will be well I will be okay” – when unsure of the future

“I will trust more or I will be trusting” – when trust is an issue

“I will love myself” – when experiencing self loathing

The possibilities are endless

What we say matters even when we don't believe. What we say and how we say it is important. Thinking about something and actually saying it involves two different processes and I believe that the process of vocalizing or attempting to vocalize has a profound independent effect.

The spoken word involves an attempt at articulation as opposed to simply thinking - it is the voice that you are getting out and not the one that stays in your head. The spoken word is not what is said to you or for you but that which you articulate or attempt to articulate yourself - what is said to you or for you is more effective when you do so yourself

Visualize is a form of purposeful fantasizing where we may indulge in grandiose ideas but don't distort reality. It is a form of "self programming" with expectations that are consistent with reality, even though the probability may be low, the likelihood of occurrence of the results that you want is possible as opposed to "self-delusion" when the expectations are not consistent with any form of reality and the likelihood of occurrence of the results that you want is impossible.

It is important to verbalize statements and to say things in a manner consistent with what you want, for example rather than say you hope you don't fail, say you hope that you succeed or instead of you don't know if you are good enough, say you hope that you are good enough. You are not pretending to be something that you are not but you are simply hoping to become something you know that you can be.

In the same manner saying you are in your happy place in an attempt to make yourself happier is not as effective as visualizing going from sadness to happiness.

"Visualize" is not about denying reality, it is the 'mind process' of

transforming reality from one state to another following a natural progression.

When you are trying to stop or change a habit you consider undesirable, you should make sure that your imagination is engaged with the change you desire and not the habit that you are trying to change. Visualizing does not guarantee that you will get the result that you want but it makes it more likely to occur.

It is a good assumption that the reason why you are not getting the results that you want is because you are not doing the right things. Although this assumption is accurate it does not clarify for you what the right things are. Trying not to fail is not the same thing as trying to succeed. In the first instance you spend all your energy trying to figure out the different things that could make you fail and how to prevent or avert them and your imagination, words and actions are engaged with failure.

On the other hand when you are trying to succeed your energy is focused on what you need to do to succeed and your imagination, words and action are aligned in this direction. If your plan is to go up north, it makes perfect sense to make sure that your steps are headed in that direction rather than down south. If circumstances beyond your control force you to go in a direction we don't want to rather than spend energy trying to stop it spend the energy focusing more on the direction you want.

When trying to succeed make sure that your words express this desire on a regular basis, engage your imagination in all the different ways you can succeed. It is important that you do not lose sight of the things that could jeopardize your success but make sure that when you consider these things that you also considered an exponentially more number of things that would help you succeed.

In other words when you review the things you "can't do" also

make sure you look at the things you "can do" so as not to lose your perspective. Maintain a ratio of "can do" to "can't do" and the more difficult the task the higher the ratio i.e. the harder the challenge the more reinforcement you need to stop you from panicking and losing your focus for success.

You can only make withdrawals where you have deposits so if you don't put any deposits in the bank of "goodwill" why are you trying to make withdrawals from there? The life that you experience is always directly related to the things that you reinforce through repetition.

Although this "can do" tactic does not guarantee success it makes it more likely to occur and so it is very useful. Do not forget the importance of balance. You can cool hot water either by waiting for it to cool down (this takes a lot of time) or (speeding up the process) by adding cold water until you reach the desired temperature.

Another example would be stress, I always hear talk about stress reduction and the need to live a less stressful existence but for someone like myself who is stress dependent trying to reduce stress is stressful. I realize that it is the lack of balance with non-stressful activities that was creating a problem. So I now like to use the term balance stress as opposed to stress reduction.

A balance philosophy encourages you to spend your energy incorporating stress free activities without any conscious attempt to reduce the number of stressful activities (although more often than not a reduction in the number of stressful activities occurs as a result of introducing the stress free activities).

The "can do" method uses a ratio to make you "Visualize" the direction you want to go and results that you want more often than the direction you don't want to go and the results that you

don't want. You should learn to accept the things you can't change or do anything about and focus your energy where you have the best chance of getting the results that you want. You can achieve this by consciously reinforcing the things that you "can do" in a manner that far exceeds the things that you "can't" and maintain a ratio that increases proportionately with the complexity of the task ahead. I want to emphasize that you do not practice denial or avoidance but allow yourself to be completely aware and acknowledge your "can't" and then remind yourself of your "can" in such a manner that say a 3:1 ratio you review three "Can" for every one "Can't" that you become aware of.

It is important to verbalize "can do" statements more often than "can't do" and to say things in a manner consistent with what you want. For example rather than say I hope I don't fail, say I hope that I succeed or instead of I don't know if I am good enough, say I hope that I am good enough. Avoid false statements like I know I will succeed or I know I am good enough because your unconscious mind is aware that you are unsure. In other words, do not pretend to be something that you are not, instead hope to become something you know that you can be. In the same manner saying "I am in my happy place" in an attempt to make yourself happier is not as effective as visualizing going from sadness to happiness.

Points to remember:

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The tactic of Can Do is best achieved using the concept Visualize.

Consciously reinforce the things that you "Can Do" in a manner that far exceeds the things that you "can't".

Maintain a ratio that increases proportionately with the complexity of the task ahead.

Do not practice denial or avoidance but allow yourself to be aware of your "can't" but remind yourself of your "can" in a ratio that allows you to get the results that you want.