

Road to Freedom Work Book

Tools & Strategies for Mapping Your Dreams into Reality



Audio Version Available

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REAL INSPIRED DREAMS Pty Ltd

Table of Contents

What is Neuro Linguistic Programing?	9
Purpose & Scope of this Workbook.....	11
What Is Hypnosis?	14
5 Brain Wave Frequencies.....	16
6 Happy Chemicals of the Brain	24
How to Activate Your Future.....	31
Personal Time Record.....	32
4 Basic Actions for Activating Your Future:	34
4 Reasons Why You Keep Manifesting the Same Problems	39
3 Basic Rules.....	46
Create & Activate Your Future	51
Values.....	53
The Science of the Body Mind	60
Module 2	63
How to Create Good Goals is to START	63
START DREAMS	66
6 Key Facts Of Pure Intelligence.....	70
The Unconconscious Mind	73
4 Disciplines Used By The U.S Navy Seals that Guarantee Success.....	80
How to Create the Art of Intention	90

How to Write Your Creed:.....	97
How Negative Thoughts Affect Our Goals.....	102
Module 4	104
Your Unlimited Power	104
What is Your Personal Time Record or PTR?	110
The Nature of the Universe	116
MODULE 5	117
The Principle of Cause & Effect	117
The Most Powerful Words You Will Ever Say	119
'I AM'	119
Personal Time Record & Your Personality	123
Cleaning Up The Past	126
Personal Time Record Process for Cleaning Up the Past.....	127
Module 6	130
Focus On What You Want	130
Getting rid of Guilt	133
Guilt -The.....	133
The Process for Destroying Negative Emotions Including Guilt.....	135
Limiting Decision & Beliefs.....	136
Anxiety	139
Getting Rid of Anxiety	141

Module 7	143
Quantum Prosperity	143
Money & Wealth Mindset	143
The Universe is an Abundant Universe	144
The 6 Beliefs of Prosperity That Will Change Your Life Forever - When You Believe	146
The Thinking Necessary for Prosperity Consciousness	150
Module 8.....	156
Real Inspired Dreams	156
Be REAL Strategy	157
Be INSPIRED	159
Be Real, Be Inspirational & Follow Your Dreams.....	159
Follow Your DREAMS	162
Your Life's Purpose	166
4 Basic Survival Skills of Your Health.....	177
The Brain & Gut Connection	181
What does Ghanghis Khan and Probiotics have in common?.....	181
GRATITUDE.....	187
Focus the Power of Intention.....	187
8 Pillars of Mindfulness	189

Welcome to inspiring a future where your dreams become your reality, not just a far-fetched wish. Where you can create a clear direction, filled with the clarity of your true life purpose and a beaming, healthy mind and body.

Use these processes to improve performance for creating perfect relationships, in business and life, to create your dream jobs or to activate and achieve true financial prosperity and create perfect health, as you do have a blueprint of perfect health.

Imagine if you could achieve a healthy equilibrium in life with ease and grace.

Can you imagine this?

It sounds too good to be true, but it is up to you, to make the decision and make the change toward what you want.

There is an old saying by Henry Ford who said:

*"If you think you can or think you can't
you are right".*

This is a very powerful statement because it is true. It is simply up to you, to decide.

How exciting! It is all in your hands, just as you would steer a car to the left or the right or even decide to go straight ahead the power is in your hands.

With these processes and knowledge, you can eliminate those emotions and those limiting decisions that prevent you from having your dreams come true. It is based on your intention to create what you want in life.

There is a magical adventurous and deeply satisfying side to life that we tend to forget when we grow up. We forget our dreams; we forget our passion and the fun of adventures we use to create. And it is replaced with life taking us for a ride, down a path we didn't want and all of a sudden we find ourselves in a life we don't even recognise ourselves.

So how do we create a life that we want to experience?

And by that I mean, every aspect of our life/work/business?

How do you put your goals out there and make it happen?

Well, it's simple. However there are a few details we need to cover.

The first thing we need to do is to decide on **your intention**, then **focus on what you want**.

Sounds Simple!

Focus on activating what you want to experience for your future so that you can wake up from the illusion of a troubled life.

Remember your true nature and create for yourself the life that is truly your purpose and aligned with what you value in life, create and experience what you have always wanted.

This book is filled with the best practical methods to solve your problems, however, remember, that we naturally have a tendency to project out onto the world our troubles and will see in others that of which we don't approve of ourselves. One you begin to understand what we perceive is what we can achieve, negative or positive.

Our perception what we are experiencing, people, places, things, comes from us first. Rather than projecting our problems onto others, we need to solve our own first, and then everything else around us will make sense.

As we go through the processes in this book, you will begin to reconnect with your true potential, your desires in a simple and easy all-embracing way.

Problems, worries, sorrows and unhappiness, are all in the mind – they really do not exist outside of the mind.

If you learn to navigate the tools given to you in this book, there will be no reason for holding on to old emotions such as **jealousy, anger, fear, sadness** or any

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other **negative thoughts, emotions and behaviours**. Your mind and your body will be at peace, at all times. When you use the tools, they become second nature.

As we go through life, we are confronted with events that do not go our way. These significant emotional events can cause us **negative emotions** like **anger, sadness, fear, hurt and guilt**.

Distressing events can cause us to make limiting decisions about our capabilities or to adopt beliefs that do not support our achieving and accomplishing what we want in our life.

With the processes in this book, you can eliminate those emotions and decisions that prevent you from experiencing your dreams and allow you to move forward from being stuck and choose a new direction.

Remember:

“ It's never too late to create your real inspired dreams into your REALITY!”

Join the hundreds and thousands of individuals globally who have discovered the transformation from this advanced mind technology called NLP (Neuro Linguistic Programing).

What is Neuro Linguistic Programming?

Neuro: The nervous system (the mind), through which our experiences are processed, via five senses:

Visual (See)

Auditory (Hear)

Kinaesthetic (Feelings)

Olfactory (Smells)

Gustatory (Tastes)

Linguistic: Language and other non-verbal communication systems, through which our neural representations are coded, ordered and given meaning. Includes:

Pictures

Sounds

Feelings

Tastes

smells

Words (self -Talk)

Programing:

The ability to discover and utilise the programs that we run (our communication to ourselves and others) in our neurological systems to achieve our specific and desired outcomes.

In other words, **NLP** is how we use the language of the body and mind to consistently achieve our specific, and desired outcomes.

“NLP is the art of language and Science of the mind to create long lasting change to enhance the way you experience life”.

Purpose & Scope of this Workbook

More importantly, the focus here is about, how you can get real inspired results in your life when you follow the secrets to creating your purposefully aligned life/biz as you journey on your road to freedom.

Your Mission, if you choose to accept, is to create your Real Inspired Dreams your reality and activate them into your future when you practice each of the modules provided.

Use this framework to build a foundation of strength. Be creative and trust your instincts. Learn to really, trust your instincts!

There are countless ways in which you can use the powerful principles presented here.

When you complete the modules and truly practice and integrate the tools provided you will know far better than anyone else, what you need to do to get what you want, and specifically, the way you want to experience it.

WARNING: be prepared to **change your mind** about how you look at life and how you choose to experience it. Be prepared to change the way you react and choose to **practice responding** to the world around you instead. Be prepared to practice **non-attachment**, be it conscious or unconscious we are attached to people, things we give meaning to, so beware and **be mindful** of

these attachments and be ready to **let go and move forward**.

You may have to let go of old belief's and patterns to make room for new powerful ones for growth.

Life Time Access to Materials

Why do we give you lifetime access? Because this stuff never dates it foundational and whenever you experience change you can use these tools to get back on track. I encourage you to continuously review this foundational work throughout your career and life as you now have lifetime access to all of the training materials I provided in these modules.

Why Journaling?

Journaling is a very powerful daily habit as it allows you to I also encourage you to keep a notebook with you and journal each day; preferably with no lines and write in it often have it by your bed at night and write down your thoughts. This practice will give you space to play and practice the secret tools you have here in your hot little hands. And allow this journal/notebook to be your new best companion. Some of the most prominent people in the world carried notebooks to jot down thoughts throughout the day.

Throughout this full program, you have a chance to **redirect** your focus, **reassess** your dreams and **reconnect** with your values and goals that I refer to as your

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intentions and adventures. I refer to goals as intentions and adventures, because it is the power of your intention that carries through how you experience your new adventure.

Once you complete mapping your intentions and adventures it is a great practice to checking in on your new intentions and adventures as you grow.

Have fun and give yourself permission to transform and spread your wings!

Follow these simple secrets to activating your life purpose and move away from the daily stresses, eliminate the anxiety of the future knowing; you are in complete control of your future.

Create "self-control" attain self-mastery of your mind and understand your true capability of deciding what you want to activate for your future, in a way that you produce the results of bringing your dreams it into your reality. That's right that it actually happens!

Imagine that!

But be very careful what you wish for because you just might get it!.

Be Careful to Follow Instruction

Can you follow instructions? And stay on track with using the tools, and practice these new habits. Do not deviate from the map set out for you and everything you learn here. So make sure you are good at following instructions.

Now, the reason for making sure that you can follow instructions is simply because the processes in this book are based on a form of Hypnosis. That's right!

What Is Hypnosis?

What! I hear you say... Hypnosis??

If there is one thing you learn and take away from this course that would be that *"All hypnosis is self-hypnosis"* and successful hypnosis is simply being able to follow instructions. The instructions are suggestions to the unconscious mind.

You might be surprised to hear that *"all hypnosis is self-hypnosis"*. Well, it's true it's simply up to you whether you take the suggestion or not.

Did you know that you are experiencing hypnosis every day of your life?

Have you ever driven somewhere and realised you missed the turnoff miles back? Well that is hypnosis, even meditation is a form of Hypnosis it is allowing suggestion to the unconscious mind.

There is nothing mysterious about creating your true life purpose into reality, once you know how to do it.

Your Real Inspired Dreams are your desires and passions that are real for you, inspires you and are your dreams for the future you.

The more you ignore your dreams, the more you end up in a life you don't even recognise. They are messages and little sparks of light that shine on the direction of your true path. So much so, that when we ignore your dreams, we end up living the life of someone else's inspired dreams and you are left confused about how you got into this undesirable reality you are experiencing today in the first place.

Bewildered; you ask yourself "How did this happen"?

It is important to acknowledge, explore and discover your dreams, desires that light up your path toward what YOU want to experience in life.

"The best way to predict the future is to create it." - anonymous

5 Brain Wave Frequencies

Gamma, Beta, Alfa, Theta, Delta

Let's have a look at some of the science behind the mind so that we can understand what is occurring on a daily basis and a moment to moment.

Did you know that all five **brain frequencies are measured in cycles per second (Hz)** and has its own set of characteristics?

These Brainwaves represent a specific level of brain activity and a unique state of consciousness, essentially a vibrations frequency, so by understanding the different states of consciousness, you can open your subconscious mind and create your reality at will and with fine-tuned precision.

The first step is understanding the different brain frequencies to influence and control your reality.

Now that's pretty cool! We can have total control of our mind. Our reality is in our hands, we are the drivers of how we experience our reality and the perception of our reality comes from us. It is not made up of outside influences, but that it consists of filters that are our thoughts, beliefs and attitudes towards our external world, therefore we are at the helm of the flight controls and we can fine tune it however we decide best for specific situations in each moment.

Different brainwave activity are used for different types of activity depending on what you are doing and they frequencies are detectable at all times whatever you are doing.

GAMMA “the insight wave” 40+ Hz

Gamma waves are the fastest frequency where learning, memory and processing using the frontal lobes of the brain and the **limbic system** are in action most recently discovered. Gamma waves are involved in higher **cognitive functioning** important for higher intense task learning.

People with very high levels of gamma activity are exceptionally intelligent, compassionate, happy, and have excellent memories and strong self-control. IQ scores of people with high gamma wave activity are correspondingly high.

Note: Just quickly, if you're wondering what the **Limbic System** is let me give you a quick, just so you don't get lost here. **The limbic system** is a complex system of nerves and networks in the brain, involving several areas near the edge of the cortex concerned with instinct and mood. It controls the basic emotions (fear, pleasure, anger) and drives (hunger, sex, dominance, care of offspring).

As well just in case you are wondering what Cognitive functioning is; Cognitive abilities or skills

are supported by specific neuronal networks. For instance memory skills rely mainly on parts of the temporal lobes and parts of the frontal lobes (behind the forehead).

Frequency range 40-100hz

Too much: anxiety high arousal, stress

Too little: ADHD, depression, learning disability optimal, cognitive information processing, learning, perception REM sleep

BETA “the waking consciousness & reasoning wave” 14-40hz

The sound of beta can be described as a cheeky child or your little inner critic that gets louder the higher you go into range. Most adults operate in BETA as we are constantly bombarded with 400, billions bits of information bodies are constantly working to delete distort and generalised all this information overload. It's no wonder that today's most common health issue is stress, simply because we are choosing to operate on this level and not give ourselves time out or defrag.

To defrag we need to go into the lower HZ of Theta and Delta. This can be done through breath work and concentration of breath.

ALPHA “is the deep relaxation wave” 6-8Hz

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This is the state for optimal Programming the mind for success. Alpha Brainwaves are described as the feeling of deep relaxation and usually the eyes are closed. It's that feeling when you're slipping into a lovely dream or during a light meditation, this is also known as a state of self-hypnosis. This is the state that heightens your imagination, visualisation, memory, learning,

THETA: “The Light Meditative State and Light Sleeping Wave” 4-6Hz

Theta is between delta and spiritual connection, improves intuition. This particular frequency range is involved in daydreaming and sleep. Theta waves are connected to us experiencing and feeling deep and raw emotions. Too much theta activity may make people prone to bouts of depression and may make them “highly suggestible” based on the fact that they are in a deeply relaxed, semi-hypnotic state. Theta has its benefits of helping improve our intuition, creativity and makes us feel more natural. It is also involved in restorative sleep.

As long as theta isn't produced in excess during waking hours, it is a very helpful brain wave.

DELTA “the deep sleep /REM/ Transcendental” (babies and infants are in this frequency) 0-4 Hz

These are the slowest recorded brain waves in human beings. They are found most often in infants as well as young children. As we age, we tend to produce less delta even during deep sleep.

Delta waves are associated with the deepest levels of relaxation and restorative, healing sleep.

Delta waves have also been found to be involved in unconscious bodily functions such as regulating heartbeat and digestion.

Adequate production of delta waves helps us feel completely rejuvenated after we wake up from a good night sleep. If there is abnormal delta activity, an individual may experience learning disability or have difficulty maintaining conscious awareness (such as in cases of brain injuries).

It's important to know our brains ability to become flexible and /or transition through various brain wave frequencies play a large role in how successful we are at managing stress, focusing on tasks, and getting a good night's sleep.

If one of the five brain waves is out of balance being under or over produced it can cause a problem. The equilibrium of the brainwaves can be influenced by many externally and internally factors, such as technology, food intake, and general health. For this reason it is important to understand that there is no

single brain wave that is better or more optimal than the others.

Associated States of Hypnosis and Meditation

During successful meditation and hypnosis, the person will typically start with high BETA being (thinking) then ALPHA (deep relaxation) followed by Theta (between Daydreaming and sleep) spiritual connection than DELTA (deepest and transcendental healing and restorative state) then slowly come back to BETA the feeling of awake and refreshed with new insight.

Brain waves are synchronised electrical pulses from masses or neurones communicating with each other.

Brain waves were first discovered in 1929 by Hans Berger.

*“Alpha waves in the human brain are between 6 and 8 Hertz. The wave frequency of the human cavity resonates between 6 and 8 hertz. All biological systems operate in the same frequency range. The Human brains Alpha waves function in this range and the electrical resonance of the earth is between 6 and 8 hertz. Thus our entire biological system – the brain and the earth itself work on the same frequencies. If we can control that resonate system electronically, we can directly control the entire mental system of humankind.”- **Nikola Tesla***

6 Happy Chemicals of the Brain

Introducing the best chemical production on the planet and you are the prime producer of them; Dopamine, Oxytocin, Serotonin, Endorphins and two others that will surprise you.

Each play a different role in the state of experiencing happiness.

Happiness is a state and that state can be hijacked at any time you desire the need to be happy. This is where the power of positive thought is your inbuilt super power. If you can visualise then you can hijack the state of happiness from any part of your past where you experienced the feelings of happiness. Before you go any further, just try it for yourself now.

It might help to close your eyes and think of a time in the past when you were really, really happy even ecstatic. Remember a specific time so that you can feel the feeling see what you saw and heard the voices and the noises around you when you were happy. Even writing this I can feel the smile come onto my face Now! Great well done, you hijacked your happiness state and brought it into now. The following is just to give you more information about what happens in the brain when you feel happy.

Dopamine “The reward chemical”

Is what we normally think of as the happiness drug.

Dopamine is more **involved with anticipation** than actually happiness as such it is the striving emotion. Released in the process of achieving goals, and striving for goals and the actualization of goals.

Oxytocin “The bonding molecule”

This little molecule is sometimes referred to as the “**cuddle hormone**” Interestingly Oxytocin is released with closeness of another person; it does not necessarily mean cuddling a person it can be triggered through social bonding. These include actions such as eye to eye contact and it is the glue that sticks a healthy relationship, it is the relationships border. If you have a pet, dog, cat, horse bird, then the connection with that animal releases that chemical too.

Serotonin “The confidence molecule”

This is understood to control your greater mood. If you're in a good mood, you have serotonin at work. He's your mate. If you're in bad mood you have serotonin to blame. Interestingly 80 % of serotonin exists in the guts, so if your gut flora is not healthy it will it will

have an overall effect on your health and it is governed by the state of hunger.

If you get a little grumpy, if you skip a meal serotonin influences it. Doses of serotonin are experienced when your experience self-importance and meaning is the trigger for this chemical.

Gratitude journals help achieve serotonin release.

Note that antidepressants work by releasing the chemical of serotonin. However, journaling is a lot healthier and cheaper as the antidepressants mess around with the gut flora.

Endorphins “The Pain killing molecule”

The last dose of the DOSE of hormones are responsible for masking Pain or discomfort. When it comes to designing happiness, endorphins help you “**power through**”.

If you're an athlete **endorphins allow you to push further and harder as you work toward your goals.**

By finding ways to activate each of these emotions you incorporate a little more happiness into your day. Which in turn results in increased productivity.

Bonus!

Being in a positive state has a significant impact on your motivation, productivity and wellbeing. Choosing to be positive is hacking your neurochemicals.

Achieving goals and causing Endorphins to release is we can break down those goals into chunks and achieve them in small doses. There is typical slump after achieving a goal because of the large time lapse between our experience of dopamine that slump is normal, however if you set new goals before each goal is achieved there will be more of a flow of endorphin release.

But Wait there 2 More Neurochemicals of Happiness

Endocannabinoids: “The Bliss Molecule”

Pronounced (Endo-canna-bin-oids) these bliss molecules are self-produced “Cannabis” that’s right, the stuff that makes you high! And work on the receptors of the cannabinoid system.

The name comes from the word Anandamide (from the Sanskrit “Ananda” meaning Bliss) is the most well-known endocannabinoid.

Interestingly, at least 85 different cannabinoids have been isolated from the Cannabis plant. The assumption is that each cannabinoid acts like a key that slips into a

different lock of the cannabinoid system and alters perceptions and states of consciousness in various ways.

It is likely that **we self-produce** just as many variations of endocannabinoids, but it will take neuroscientists decades to isolate them.

A study at the University of Arizona, published in April 2012, argues that endocannabinoids are, most likely, the cause for runner's high.

Study shows that both humans and dogs show significantly increased endocannabinoids following sustained running, however, the studies are not conclusive and it is largely still unknown exactly if the endorphins are involved in the "bliss molecule".

GABA: "The Anti-Anxiety Molecule"

Which is glutamic acid (GA), glutamine (GAM) and gamma-aminobutyric acid (GABA) as three members of a close-knit family with three very different personalities.

Glutamic acid is a non-essential amino acid (the body can manufacture it when things are working right) that's also an excitatory neurotransmitter.

GABA has an opposite personality - it calms our nerves and relaxes us. Glutamine is the source for both - the body can make either glutamic acid or GABA from glutamine. This is a special family ... the

members **can change into each other from time to time.**

You can also buy GABA and glutamine from over the counter **in health food stores.**

GABA is an inhibitory molecule which means that it slows down the firing of neurones and creates a sense of calmness.

You can increase GABA naturally by practising yoga, breath work used in Meditation or guided hypnosis audios.

Benzodiazepines (Such as Valium and Xanax) are sedative that work as anti-anxiety medication by increasing GABA. These drugs have many side effects and risks of dependency but are still widely prescribed.

What I am attempting to achieve here is to allow you to notice how incredible our bodies are and what we have already built to us.

Essentially we have our very own built in drug store and the trick is to find ways to enhance and release the chemicals in the brain naturally by understanding how we can work with it in harmony.

Now with the knowledge that we are fully equipped with everything we need; we can start to take back our

power and be more aware of how we do life now and how we can do it differently.

We can create more equilibrium when we work with the body rather than bombarding it and forcing it unnaturally, with pills and devices and go back to basics. Our job is to discover more about how we can work with our body and mind not force it.

A study from the "Journal of Alternative and Complementary Medicine found a 27% increase in GABA levels among yoga practitioners after a 60-minute yoga session when compared against participants who read a book for 60 minutes. The study suggests yoga might increase GABA levels naturally.

Brainwave tests prove when we use positive words, our "feel good" hormones flow. Positive self-talk releases endorphins and serotonin in our brain which then flow throughout the body, making us feel good. These neurotransmitters stop flowing when we use negative words. -

Ruth Fishel

How to Activate Your Future

It all begins with take ownership and taking responsibility for where you are now. Which means that you now acknowledge that it is not anyone else's fault or choice but your choice to be where you are today. To take full ownership of how you turn up today. It is taking the pilot seat of you life and steering it in the direction you want to take your life. Then it is time to get some **clarity** on what you want.

- 1. Clarify what you value in life,** decide what is important to you now.
- 2. Take action & write down what you want** and the way you want it to happen "as if now".
- 3. Clean up the past & let go of old beliefs and attitudes that are not getting you the results you want.** Clean up any memories not consistent with what you want.
- 4. Activate your future by creating new memories** for your Personal Time Record.

5. **Align your thoughts with your goals and outcome** from your heart centre rather than your head.

6. **Play everything at 100%** towards excellence.

Personal Time Record

You will learn how to affect your Personal Time Record (PTR) and also the universal time record by making changes in the actual system of how your future is organised it's like a personal black box you have that is how you store time.

Our Personal Time Record is (otherwise known as Time Line Therapy™), so don't be too concerned about how to do this right now.

Your Personal Time Record is simply just to know that you store time in a certain way that suits your personality. More on that later. For now, let's move toward activating your future and discovering the secrets superpowers and putting them into action.

Sometimes we can agonise over the question of **predestination vs free will**. When you learn about your very own Personal Time Record, you will know how you have total control over your future and what you create is up to you and how you effect it is up to you as well.

** Now, this is not to say that all those bad things that may have happened to you in the past, you consciously created, because I don't believe that anyone would consciously create bad things in their life to hurt themselves or others but what we do know is that:

“We are the total of all our decisions and beliefs that have brought us to where we are today”.- Dr Tad James

4 Basic Actions for Activating Your Future:

1. **Write down your goals.** When you write down your goals and outcomes (your intentions & adventures), Write down what needs to happen to get what you want and write it down as if you have it now.
2. **Feel the feeling of “having it now**, as if it’s happening now”. Tap into your visualisation skills and imagine what it feels like to have it NOW!
3. **Say it out loud “as if now”.** What you say is powerful so say it out loud, commit to it by telling your colleges and friends “ I am training to climb Mt Everest...” Etc.
4. **Give it energy. Meaning that, you give it pure energy to create momentum action.** Start with what needs to happen before you know you have it. It is up to you to make it happen. Give it energy and breathe life into it.

When we think of the future, sometimes we fall into the enormity of what we want to create in life, and we sometimes fear committing to it or that you can't even imagine it. However, it is important just to imagine and put it out there and see what happens. You just might get it.

Plant the Seed, Nurture It & Watch it Grow

It's like planting a seed and nurturing that seed, giving it what you think it needs, the sun, water, good soil, then all of a sudden you see something happening. It starts to sprout and grow.

You planted the seed now you are seeing and experiencing the growth of your actions. However, on the flip side, if you choose to neglect the plant and don't make a habit of nurturing it, the plant dies off and momentum of growth stops. So, you see how it's the same? How new positive habits are like an energy that creates something great it is a repetitive energy that builds momentum.

Be specific about what you want

If you take the time to be specific about what you want, you can create it the way you want it. Being specific is a detail specific exercise, of breaking down the parts and building it the way you want it. Being Specific is important because you may get what you want, but you may not even recognise it when it arrives.

Here are some examples:

Red Car Analogy

You might want a red car, and you notice all the red cars on the road because you're focused on a red car, you use the four principles and one day someone gives you a red car. No, you might not have been specific enough about that red car because it turns up like a matchbox car and you lose hope.

So, you see how this red car can turn up in your life and how it highlights the need to be specific about how you want to experience the red car in your life. What are the feeling you will feel when you have that red car, what do you see, hear, feel and the tastes and smells associated with having that red car now?

Creating the Perfect Life Partner

When I wanted to test this theory of creating or manifesting great things in my life, I decided I would test it on creating what I wanted around what it would feel like to experience them.

I was so specific in creating a life partner that I put an entire ridiculous list of what I wanted. I got all the things I wanted in my perfect mate; however I forgot to say that he dressed well, but that's ok I can deal with fashion checking him now and then. That easy, and he has learnt well!

I am sure you can remember a time you asked for something, and when you got what you asked for, and it wasn't exactly what you expected when it turned up in your life. When you think specifically about what you ask for, and now with the knowledge, you have about being specific, think about how you could have been more detailed and specific so that you can create it differently now that you know what you know now.

Picture of My Aeroplane I Drew While in Training

While doing my intensive training as a practitioner of NLP, I was into art and sketching. While I was listening to the trainer, I would sketch everything to practice my drawing skills. So, when it came to creating my goals, I sketched a picture of me in a flying suit, standing next to my aeroplane that I now fly today. However, back then it was a farfetched dream because I still held limiting beliefs around my capability to be the pilot, I didn't think that it was possible to be a pilot and fly an aeroplane.

I sketched the picture of me standing by my aeroplane. All I remember my trainer saying "*be a bit far out with your dreams dream big and it's ok to be a little outrageous*". And the result was, that I drew the exact aircraft I went solo in, only 1 year later almost to date.

It was totally unreal, to see what I had created from that little picture a year before and to have achieved my dream was remarkable.

It wasn't until a few months after I had gone solo and finished my pilot licence, which I was off to do my Masters in NLP in the USA. In preparation for my training, I was flicking through my practitioner manual to refresh for exams. And there it was, a picture of the plane, with the same tri undercarriage and bubble canopy. I almost fell over when I saw this picture, as I had completely forgotten about drawing it.

The moral of the story is to be very careful what you wish for because you will manifest it into your reality, just as I did. However, it only became my reality once I had released the limiting beliefs in my practitioner training that allowed the dream to become my reality.

*A dream gives us hope that there is more to discover about ourselves. Having hope will drive you closer to your dreams." -
Linda McCall*

4 Reasons Why You Keep Manifesting the Same Problems

Here are some life hacks that are simple but powerful if they are practised on a daily basis. It is often the simple things that are the hardest to change and it is the small things that make to most impact.

These are very practical ways of changing your mind through your language verbal and not verbal. They are simple but powerful. The way we communicate to each other is a learned behaviour, so just the smallest changes can make a the biggest difference toward experiencing the life you want.

1. Complaining

Talking out loud and thinking about something is one on the rules of activating your future. With that knowledge, you now know that complaining about the problem to friends and family over and over again; this is one of the main reasons why we attract problems repetitively.

We humans like to talk. Talking about ourselves is our favourite subject. You will discover through

observation of self and others that we tend to tell the same story again and again.

This observation is little snippets of valuable information to understanding what issues might be keeping you “a slave to the past”. You might complain about a back problem, headache your job or someone or something that makes us unhappy. So listen to that repetitive talk and those little gems of in site. That is where you start.

This complaining behaviour becomes a habit, one that after a while and can become unconsciously addictive.

This behaviour generates a lot of extra magnetism for those who are on the same negative vibration of thought and creates and propagates more of these negative circumstances. [Law of Attraction 101.]

By observing our behaviours, we can recognise how we are creating our life, so shift your focus toward what you want.

The good news is that it is just as easy to create a new way of doing things once we are aware of it now.

We see our faults in others first, so when this happens, observe your behaviour of complaining about the thing you are complaining about and understand you are most likely doing it yourself by complaining about it (perception is projection). Because what we see outside of us we project out onto the world around us, just like a movie projector.

Can you imagine this?

Think about life like you are in the director's chair and your life is the result of how you instruct the actors around you consciously and unconsciously, and the result of how good you are at being the director is the result of how your movie shows up.

So when you hear yourself complaining about something or someone, notice how you can change it to a positive, by not complaining but finding a solution or projecting your focus on what you want to experience instead.

With a bit of practice, it is easy to limit the negative talk and eventually with practice you will naturally only recognise a positive focus and outcome.

2. Worry

Quit the worry. While most people in society believe that worry is critical for our survival, nothing could be further from the truth.

When we worry about our problems, we generate more momentum for them, and we find ourselves further and further away from the solution and away from what it is we truly need.

Although we tend to understand about negative thoughts and thinking cause problems, changing our thoughts is still often easier said than done.

Our thoughts process at a very fast pace and come without much effort so “mind control” can be tricky, if we don’t give ourselves boundaries. Lead your thoughts into the direction of what you want. Forget about what you don’t want.

3. Observe

Observe don’t judge. It is important to be kind to yourself not to bash yourself over the head about every little thing. Be mindful to monitor your internal dialogue, the self-talk. The trick is to observe not judge yourself and others. So next

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time you find your mind running off on a tangent quiet the mind come back to a mantra you create for yourself.

4. Fear

A fear based vibration creates more fear. Because what you focus on is what you get more of. Therefore our actions have the ability to affect our vibration and our beliefs. Our thoughts and words that become our beliefs they are a vibration that we unconsciously send out to the world around us.

It's the basic law of physics that everything is energy and has a vibration. And our actions are a reflection of our beliefs. We see it in our every day with fear based news, media and pictures "if you don't do this...this might happen".

The way you combat this is to practice smiling when you feel down. Remember a time when you were happy, and you will find a smile creep up on your face. The simple action of smiling works because our moods and actions work together in tandem.

Altering our mood will change our behaviour. By changing our behaviours regarding a problem will also change our mood which in turn changes the vibration you are sending out to the world, just like an unseen radio signal.

Every time you choose a higher vibrational thought and action you reduce negative attraction. So congratulate yourself on your achievements and give yourself permission to smile and have fun.

Make it your mission to put a smile on the faces of the people around you with positive reinforcement. And of course patients for self and others.

How to Stay Focused Daily

A “**daily focus**” is always a great way to train the and mind your mind.

What is a daily focus?

A **daily focus** is for you to set an intention for the day to come back to and to focus on so that every day you a mindful about one thing all day. This practice helps you when things don't go to plan; you can come back to your positive intention.

How you create your very own #DailyFocus is simple. Just find a word that reminds you to come back to focus on that one thing. E.g Breathe.

You can see a DailyFocus online if you forget to create your own. Join our online community that has a **#DailyFocus** each day available for you. See back page for details.

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Be a master of positive choice. Take the pilot seat of your life and practice new empowering habits. Discover the power to control your life direction and fly your new flight plan with your new skills.- Linda McCall

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3 Basic Rules

The only things you need to understand completely is the following:

1. Always come from gratitude being grateful for where you are today
2. You always have choice, even when you think you don't
3. You are the results of that of which you believe to be true.

Which means that all you have to remember is this:

"I am in charge of my mind and therefore my results."

Be the Driver Not the Passenger

Taking control of your thoughts is easier said than done right!

Think about it simply in the context of something familiar, like directing an animal.

When you're teaching your dog or pet animal, how to behave these little creatures have something in common with your mind and that is animals love boundaries. And they will constantly test the boundaries

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to understand if it is true or not, and your mind does the same testing and pushing to create beliefs and strategies.

If you don't direct your thoughts and mind your mind and give your mind boundaries, it runs off like a cheeky dog without any guidance of boundaries to what's right and wrong. Having boundaries gives them parameters to work with.

If your mind starts to lead you into a negative spiral, know that you can control your mind through focus.

Think about the mind like a cheeky child, they are only want to know why, so they keep finding new ways to get the answers to create the story and the reasons.

If your mind runs away with you and starts finding new stories, It's like allowing the child run amuck or the dog to crap on the rug! They need very simple instructions of what's right and wrong.

Choice and consequences

If you are driving a car and you decide to drive the car at a set speed and not alter the speed depending on the conditions then you will surely come a cropper! . It's like allowing the car to drive itself without making the choice to take control. However, If you choose not to take control and adjust the speed or take the wheel and steer the car in the direction you want you will have a desired outcome. So the age ole question is "who's driving the bus?".

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Remember; you always have a choice even when you think you don't.

For this exercise, I download a breathing exercise from the www.realinspiredreams.com website.

Download: the **Golden White Light Grounding and Protecting** visualisation from the website and listen to it Now.

Ok, welcome back.

The reason I ask you to do these visualisations is to strengthen your visualisation muscles.

I hope you have downloaded and listened to the visualisation.

These powerful practices of visualisation are tools for you to take control of your thoughts by doing these audio practices at least once a day's. Start Use the free downloads that are now available to you because you have participated in this course it's free. Yay!

Exercise (Optional): for this exercise you will need a friend or work college you can have some fun with it and do it with friends when out to dinner.

So, remember all the times in the past that you succeeded, can you remember a specific time... Remember; all of the times you set out to do exactly what you set out to do and were successful.

Can You Remember a Specific Time in the Past?

Now, just for fun go back and remember for yourself a time, a time a specific time in the past when you felt successful and enjoyed the outcome of your success. And do that now... Just notice how good you feel and how easy it is to change your state by remembering a time when you felt that way....happy, excited, powerful, successful and motivated.

Great! Now there are a few fun ways you can do this differently, and someone picks a topic and recalls seven things as they tell a story about it.

Get Creative with Seven Best Things

Get creative and have some fun with it. The point is to notice that we can only take in or retain certain amount of information.

Now, spend some time and **write down 7 things** you have done in your life that you are really proud of.

Notice how you feel after writing those thing that you're really proud of and as you remember those things one by one. NOW notice how much better you feel. Now congratulate yourself for where you are today! This is just for you to acknowledge how far you have come.

Random Fun Hack:

Sky Boarding

Here is where I introduce the fun factor! A fun and easy way to get your ideas down and just let them flow freely. It's called SKY Boarding!

For Skyboarding, you need two things:

A big clear glass windows in your house and white board markers. Make sure they are whiteboard markers, and the best ones are the Chalk style pens.

You can do the following exercise on Values on a skyboard if you can do it soo much more FUN and free flowing. Otherwise use butchers paper or just paper from the printer.

Module 1

Create & Activate Your Future

Begins with *“Taking ownership for where you are now”*

Taking ownership shows without a shadow of a doubt that you are taking responsibility and creating your day.

Taking ownership of where you want, It is **the secret to having what you want** in your life. Simply, take responsibility for the way your life is ‘Now’.

Taking responsibility is really important, to the extent that **if you don't take responsibility for the way your life is now, you rob yourself of the power, to have your life be the way you want it, you deny yourself your ability to have what you want in the future.**

So, whether or not you are responsible, act as though you are. Acting as if you are responsible is about imagining and acting as your finest you. Simply changing your posture is an example of changing your state and taking responsibility. Be mindful and know that you are coming from integrity, making sure it sits well with you.

Keep your integrity in your word and be true to it. If you believe in yourself, it gives you the power to choose how you want it to be.

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The 1st Action is to “Decide what is important to you”. Get clear on what you **value** in life now. Not ten years or five years ago, now and just for you.

“Value are like fingerprint. Nobody's are the same, but you leave them all over everything you do” – Elvis Presley

Values

What's important to me about What I do?

As you do this process of deciding what is important to you now in the area of life, you would like to start with e.g., Business, career, family, relationships, health and fitness, spiritual,

Ask yourself: *“What is important to me about...”* in the context of whatever area you are focused on at the time. You will need to do each area of your life to get an overall understanding of what you want to experience in business, my job, or career.

“What's important to me about what I do?”.

It is important to let your mind have free reign, so may I suggest to you, to just write down words that relate to that subject and write them as fast as they come to mind and keep going until you exhaust all the words around what that area of your life means to you.

It is great to work with someone, who can just say words quickly that they think relate to the topic so that can jog your memory and just choose words that resonate with you.

Career “What I do”...

Now write **ten things** that you value, and keep writing. Don't be concerned if you go past ten.

Write these ten things down, and just brainstorm don't number them yet. Try using just single words, but you can write more if you need to.

Then once you have exhausted the words that describe this value then go back and number them in importance to you. From one, being most important and ten being least important.

Now ask: “Of the above **values**, which is the most important to you”?

Then go ahead and re-write the list of values according to their importance.

Look at the other areas of your life when you have completed the first. Then you may discover the importance of having equilibrium or balance in life, by exploring what is important to you in other areas of life too.

Don't worry if your values change and you have to write the list again. Keep going until it sits well with you.

If you get stuck ask yourself “is this for me or someone else”?

“Am I trying to please someone or prove something is taking on this value”?

Ask yourself “can I have this (value) without that (value)”?

For example “e.g. ”can I have money without getting results?” probably not! Do you get my drift?

For example: If getting results and creating change is what you want to experience, so getting Results, might be the #1 value. It is important to go over them and sit with them, so that they feel right for you, and that they are just for you, not for anyone else. Make sure it is just for you, and not what your think you should do for the sake of others, and you are being true to yourself.

Business/work/career - It may look something like this e.g

1. Results
2. Consistency
3. Financial abundance
4. Fun
5. Adventure global travel
6. Learning
7. Experiencing my business differently
8. Sharing and contribution of knowledge and funds
9. Creating
10. Collaborating to create positive change globally

Let's Discuss Values Just for a Moment

What we value is like the foundation and where we make our decisions from as to why we may feel something is or is not quite right in our lives. Because unbeknown to us, unconsciously our values have shifted, and now you may feel that nobody understands you, and you don't fit into this life that you are in, you're not enjoying your work, or your relationship is an unhappy one.

If what you value in life, has changed and what you use value has shifted or changed you will find that you now value something to be more important, and the old value slipped down the list of importance or even slipped off, and it is no longer important to you. Your agenda has completely changed and so has your direction.

The symptoms are feeling stuck, loss of direction or complete need to change direction in your life, or you might say things like "nobody understands me anymore"?

It is very important that you find out what you value now because that is where you are making your decisions.

This change of values can come from a significant emotional event like, divorce, loss or job or partner or health crisis and we start to reassess our focus and what we want for the future. What is true to us and what is not.

Stand In Your Truth

Standing in your truth is the exciting part because you may not even have been aware of how you were making your decisions. You might discover you have to been focused on someone else's dreams and desires and not your own.

Got the idea?

Now, do the next area of your life being, Relationships
“What's is important to you about personal relationships?”

Values for Relationships

Now look at relationships, and it might look something like the following:

Love

Communication

Mutual Respect

Mutual interest

Adventurous & Fun

Connection

Integrity & Loyalty

Honesty

Flexibility

Intellectual stimulation & think out of the box

NEXT: Now number them in importance and rewrite your list as many times as you have to. To make them fit well with how it feels to you. Ask yourself “for what purpose isAdventure important to you etc...and can you have love without mutual respect.....” and keep going until you have got it all in the correct order that sits well with you.

Other Areas of Your Life You Can Explore Values:

- *Health and fitness*
- *Personal growth*
- *Spiritual practice or Spirituality*

Do the same with each one of these areas of your life. You might want to call it something else but the areas of life that are important to you.

The 2nd action is “write down what you want”.

It might be so obvious to you to write it down but did you know that only 1 percent of people actually write down their goals and revisit them each quarter?

Deciding what you want is a difficult task for some people to do. Some people find it easy to take responsibility and discover what is important to them. But, when it comes time for them to say what they want, then they are not sure.

You can decide what you want, or you can get what you get.

If you decide what you want, at least you will have laid out a roadmap for what it is that you want. At least you have given the universe instructions to produce certain results and take action to measure your progress. If you wait, you will keep on letting life happen to you.

The Science of the Body Mind

This concept of the mind-body connection is for some people, a difficult conceive. Most people don't really think about the nuts and bolts of how body and mind are one, however it does involve some simple biochemistry to explain.

To begin with, virtually every cell in the body is studded with thousands of tiny little structures called receptors.

Like our the sensory acuity of the eyes, nose, ears and mouth, the job of the receptors is to pick up signals coming at them from the surrounding space. They are so important that a full 40 percent of our DNA is devoted to making sure that they're perfectly reproduced from generation to generation, like a recording I explain it as like a black box that is in an aircraft, that gathers information and data.

Once the receptors receive a signal, the information is then transferred to deep within the cell interior, where tiny engines roar into action and initiate key processes.

Data coming in this way directs cell division and growth, cell migration for attacking enemies and making repairs, and cell metabolism to conserve or spend energy- to name just a few of the receptor-activated activities.

The signal comes from other cells and is carried by a fluid. These fluids from the brain, sexual organs, gut and heart-literally everywhere-communicate cell to cell

providing an infrastructure for the 'conversation' going on throughout the body's mind. This fluid has hormones, neurotransmitters, and peptides, and what scientists refer to all three with one word: *ligand*.

This term "**Ligand**" is from a Latin word meaning "to bind" and is used because of the way that the substances latch on so tightly to the cells surface receptors.

Information-carrying ligands are responsible for 98 percent of all data transfer in the body and brain. The remaining 2 percent of communication takes place at the synapse, between brain cells firing and releasing neurotransmitters across a gap to hit receptors on the other side. What most of us are unaware of is that there are neurones with this same electrical-sparking activity firing throughout the body, not just in the brain.

Among the **Ligands** are the **peptides**, which consist of a string of **amino acids**, joined like beads in a necklace: larger strings of amino acids are called **proteins**. Extensive research has been done with the mind-body connection.

There are over **200 peptides** mapped in the brain and body, each one surrounding a complex emotional chord-such as bliss, hunger, anger, relaxation or satiety(Meaning the state of being satiated.)- when their signal is received by the cell.

Also everyone should know that most ligands have chemical equivalents found outside the body, such as valium, marijuana, cocaine, alcohol, and caffeine to name a few.

Now that you know more information about the mind-body and the communication systems you can see how intelligent the body is, it has it's own wifi system set up to communicate consistently.

The receptors and the ligands these are what are also known as the Molecules of Emotions by Candace Pert PhD from the book she wrote The "Molecules of Emotions".

I encourage you to read her books as they are filled with valuable information from a scientific perspective that the body's mind and the mind-body is one and we are all connected by the vibration of energy.

*"The mind and body are not separate.
What affects one, affects the other"*

Module 2

How to Create Good Goals is to START

S.T.A.R.T. with Goals and D.R.E.A.M.S

S	Specific and Simple
T	Truthful for you & talk about it out loud
A	All areas of your life and “as if Now.”
R	Realistic and Responsible
T	Time based and TOWARD what you want

Goals Are Your Intentions & Adventures

In setting your goals, your intentions and adventures as I like to call them, you need to make sure they are following the basic structure START.

S - simple and stated specifically. You can be ridiculously specific if you like. The more specific you are, the better.

Now remember sometimes things don't always turn up in the package you expected and sometimes you want to recognise it. So, to get what you want, be specific. You can do this easily by feeling the feelings of having it now. What does it feel like to have it now, the way you want to experience it.

Why Your Language Must Be Simple & Specific

The most critical part of creating the experiences you want in life is for you to be clear and specific in setting a goal.

If you want something, be specific. If you were to write a goal *“I would like to make more money”*. The goal isn't specific enough. The problem is if you made one cent before the day you died, you would have made more money. That is what is meant by being specific.

You must be specific because the universe will deliver what you want.

The universe being of pure intelligence of all existing things including the earth and its heavenly creatures and bodies.

T-Truthfulness and **Toward** what you want goes hand in hand with specific. The reason for Truthfulness is so that you know when you get what you want, that it is your truth. Being truthful is speaking your truth and honouring yourself.

Some people will make goals for what is expected of them not what is best for them.

Some people decide, “I want to be happy” and so does everyone, but happiness is a state. If you want to achieve a state of happiness, just remember a time when you experienced that state. Remember a specific

time. To be happy, remember that specific time when you were really really happy.

Now try it yourself. Let's test it, this is what we call a **convincer**. Close your eyes and go back and remember a specific time when you were happy, feel the feeling of being really happy. You should have a big smile on your face and laughing, and your heart might be pumping. Notice how your mood changed just by thinking of that time.

Also, make sure that what you want is meaningful to you. Truthful means it is your truth and you are standing in your truth, for you and no one else but you. You want it, and so you own it. When people write goals, and they don't get them. They say "I didn't get it" but if you ask them "did you really want it?" "You'll probably find they say "not really" it may have scared them or they were doing it for someone else, not themselves. Make sure it is **toward** what you want you really want what you think you want.

A "As if now" Write down your goals "As if you had it now" when you write a goal, write it as if now, not in the future.

One of the other things that is really important in your goal setting is to set goals in all areas of your life, "that assist us in being balanced."

R - is for Realistic, it simply means that given the events in your life, that you can determine it is possible, that you

can achieve them. Some people can unknowingly set goals in a way that they set them up to fail. And that can be done, consciously or unconsciously. They set unrealistic goals to prove something to themselves, and their heart is not in it at all, they may just be going through the motions of setting goals. That is not the way to set goals. The way to set goals is to, set goals so that they are attainable with the heartfelt the desire to achieve it.

R- is also about Responsibility means that your goals are good for both you and the planet, or ecological. Ecology is the study of the effects of your actions on the greater system. **Responsible also taking into account ecology** and that is for you as an individual, for all parts of your life. It also means, that you are taking into account the effects on the people around you, your city, state, nation, world and universe.

T- is Time based is so very important. It is essential that whenever you write goals that you want for the future, make sure that you put a date on it. Something that has no timeline just sits there in your future, and you won't get any closer to it because it slides in your timeline.

START DREAMS

START your **DREAMS** by stating your goals **simply** and **specifically, truthfully** and **talk** about it out loud, for **all areas** of your life.

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Be **realistic** about your goals and set smaller goals daily toward your monthly quarterly targets and **responsible** for the outcome and mindful of how they effect the world around you. Ensure your goals are **time** based so that they don't slide along your timeline and that they are **toward** what you want, which means that you are using the language that is toward your dreams, positive and focused on how you want to experience it. Now let's extend the **START** goals to **DREAMS**.

D Determination to Deliver. Be determined to deliver what it is that you say you will, this is a reflection of your integrity and passion to uphold your intention to do what it is you have set out to achieve.

R Reassess and Redirect. Reassess your goals with 15 points of what needs to be achieved in each quarter so that you are on the right trajectory toward your dreams. Every three months check in and redirect your energy toward any area that is lacking and if you need to pivot then pivot.

E Evidence-based is and validating it with evidence, Evidence that you are on track toward what you want. Evidence that there is you are getting results and

evidence that you are looking after yourself on your journey.

A Award yourself for each small achievement.

When you award yourself you release the happy chemicals in the brain of Dopamine, Oxytocin, Serotonin and Endorphins, they all play a role in helping you stay on track and keeping you in a positive mindset to overcome any hurdles you might come up against.

M Maintain a Momentum. Maintain momentum by micro goal setting daily and even moment to moment (see 4 Disciplines to Guarantee Successful Outcomes Consistently)

S Spirit of adventure. Your spirit of adventure is how you gain successful outcomes, it is the principle of conscious life, the vital principle in human heart and soul. Your spirit and enthusiasm and energy is essential for positive outcomes . When you inject your life force energy and spirit into each and every moment of you life you directly effect the world around You, so do it with your highest intentions. Your spirit is what keeps you going and it is your spirit that shines brightest above all. Shine your spirit on every part of your day and watch the world respond.

"Don't wait for the perfect moment, take a moment and make it perfect." - Zoey Sayward

Finally, the secret is to make sure that you **"say it the way you want it"**. **Toward what you want**, not **the way you do not want it**, for some people that can be a habit that is hard to shift because it is the way they communicate, however it is possible if you learn to listen to your language. Change it to **the way you want to experience it**. That's the most important thing to remember.

Do you want to discover what your future would really bring?

Then know, that it is all up to you now, to create what it is you want in your life. You have the power to create it and choose what you want for the future.

Balance is important in life. Make sure that you're are not just working and doing, but that you take time off, that you have good relationships, exercise and the like. Make sure you plan for all areas of your life.

It is now up to you to create, something to move toward right now, or you will get nowhere fast.

6 Key Facts Of Pure Intelligence

You see the universe is pure intelligence.

Nature itself must be viewed as a living organism. It is determined and possesses deep intentionality.

At its very depth, the universe acts as a processor of information- a computer. Information flows around and through all biological processes.

All things are intimately and infinitely connected.

The reality is not what you see, but is composed of frequencies. These frequencies can be changed, and the matter that is the universe can be affected and changed just by where you direct your attention. It will give you what you are focused upon.

If you dwell on uncertain outcomes, you will get just that. To combat that ensure you get into the practice of thinking about the best possible outcomes the desired result. Turn it around so that is becoming a habit.

Now you know that being specific about what you want to create for your future is the key to and keep your instructions simple you can easily and effortlessly create your future the way you always dreamed.

Your Mind Focus is Your Secret Super Power

The secret to accessing your super power is held in your belief of the six key facts of pure intelligent and that you

are pure intelligence. You have all you need to succeed as long as your focus is directed on what you want to experience.

Focus your mind toward your dreams by listening to your self-talk and language. You can learn how to direct it, by understanding in a way that generates the momentum of manifesting your dreams into reality.

Your body's mind is the nervous system, through which your thoughts and experiences constantly communicate messages throughout the entire body. It delivers what you tell it to deliver, and it delivers it to you in your action. It is really simple.

If you have a thought in your mind, inside your head, that thought will affect your physiology and it will deliver what you want, so make sure you say it how you want it.

Just like a child would say it how they want it. "Give me" "I want", "Me want" "My...now" they don't try they do and want without complexity. Dogs are the same "they have commands, sit stay stand, drop, cross, take. Their intention is to make you happy and the more fun you create, the better response, you get along with their basic needs met. Right!

Your Unconscious Mind Needs Clear Instructions

That's right; your unconscious mind needs clear and precise instructions as well. Make your instructions **specific clear and simple** and say it the way you want it

because your body and the universe will deliver whatever it can deliver to you. If you just said “more money” you might get one cent more. So what do I mean by specific?

Being specific means there is no point in even saying ‘I want to make a thousand dollars more a month or ten thousand dollars more a month. **State the goal the way you want it.** Say ‘I now make X number of dollars per month’ that is also within a time frame.

The Unconscious Mind

One of the prime directives of your unconscious mind is that it does not process negatives, what it does is bypasses the critical factor. *For example* I don't want to any more chocolate.

What your unconscious mind hears is "more chocolate". Just like when you say to a child "don't cross the road" all they hear is ..." cross the road", which was the last thing you said. So be mindful what you say and how you express it because you will create more of it. Got it?

Ask yourself now:

Where do I want to be in **1 week** from now?

What do I want to experience **one month, three months** and **six mths, one year** from now, **three years, five years** and **ten years** from now?

It is all there in your very own Time Record and soon you will discover this for yourself.

Now go and write out what you would like to experience for each of these times stated above. It may take you a while but take the time and write it down as if each time frame is "as if now."

*"You have to dream before your dreams
can come true"- Abdul Kalam*

Ok have you done that? If you have then continued if not keep going till you, have finished it.

Quick Personal Time Record Process

After you have written out your goals from 10 years to through to 1 week, you can do this process.

Audio Process www.realinspireddreams.com

The audio is a beautiful and powerful process to do it goes something like the following.

Now close your eyes for a moment and just imagine for a moment just for fun...imagine floating up above now and float right out into the future on your time record to ten years from now, and just for a moment have a look at the big picture first. Now imagine you're so high up that you can see your future below, set out like a set of slides below you. Just notice them and how clear it is for you to see you future set out before you like this. Notice the clarity of the pixels and how bright you future looks, exactly the way you want to experience it. Ok good now, turn and come back to now from ten years and pause at each major milestone you wrote for each time frame and gaze with gratitude at what you have achieved and grown through you journey. You feel satisfied and so very content.

Start from 10 years and work backwards to 1 week;

Goals for Ten Years

Goals for Six years

Goals for Three years

Goals for One year

Goals for Six mths

Goals for Three mths

Goals for one mths

Goals 1 Week from now.

Note: If you have not finished the audio for placing your goals into your future, please finish it before the next section.

The 3rd Action is to “clean up the past”.

Cleaning up your past is one of the steps that many people leave out. It is one of the most important steps. If you have certain beliefs that are not supportive of what you have written into the future, that you want in the future, then you probably not going to have what you want in your life.

Cleaning up the past, includes your eliminating the limiting beliefs and attitudes, your limiting decisions and your negative emotions and reprograming new decisions that build a positive momentum of possibility and brilliance. This will help you to align the past, gather the learnings gratefully and to align with what it is you're deciding you want in the present and the future.

It is important to clean up any memories not consistent with what you want.

Now, take an inventory of where you are now, and ask yourself- "what is my attitude on the following subjects"?

Time.....

Money.....

Failure.....

Success.....

Power.....

Each time we find a problem area, these questions will assist you to the source of the problem:

What is the source of this problem?

For what purpose do I hold this belief?

What does it do for me to hold this belief?

Am I doing it for me or is it for someone else?

Is it someone else's belief that I have adopted without being consciously aware of it?

If so ask yourself for what purpose did I choose to adopt that belief?

To do this process, we will use our Personal Time Record to clean up and neutralise any negativity in the areas that present.

For example Some people have a belief that they are not good enough or not worth it. Or the money is bad and so on. So finding out the root cause of that decision, is how we clean up the past. This process makes the next stage easy.

“Goals are dreams put into action. Use small goals as proof points for positive reinforcement toward experiencing more of what you want in life.”- Linda McCall

The 4th Action is the “art of intention”. The Intention to create new memories with new goals and outcomes in a creative way through colour and your intentions. By creating a visual art of intention and wish board of all the things you want to create into your future you start to recognise what your future looks and feels like. This technique is founded by Linda McCall.

Success doesn't happen overnight. Be consistent in your actions that are in the direction of your dreams and watch the impossible become possible. – Linda McCall

Module 3

4 Disciplines Used By The U.S Navy Seals that Guarantee Success

The four disciplines is how I push the envelope and how I can conceive a life as a digital nomad and live my way and do Life/Business as an online coach. The Adventures I have created in my life so far have been essential for my growth professionally and personally. Adventure is a core value I hold and a key to how I live my life and is the only way I grow as an individual and in business.

Recently I was excited to learn that the tools I have been teaching for years are the same disciplines used by the U.S Navy Seals. For years I have trained clients in using the skill of Neuro Linguistic Programing combining it with the Yogic techniques of breath. With these skills you can guarantee consistent successful outcome if you combine the powers of each discipline.

Having been military trained myself I resonate with the military way and I love things that make good ole common sense! And I can't wait to share these little gems with you.

These four disciplines are the ultimate skills by simply using your senses, this means what you see, hear, feel, taste and smell, to create your desired outcomes and long-lasting positive change.

So here we go, I know that the first one is a fairly standard one of goal setting, however it is the way it is used together with the three other disciplines that make this a lethal combo.

The following four disciplines used by the U.S Navy Seals.

1. Goal Setting

Scientists believe that goal setting works by assisting the frontal lobe of the brain by acting as the brain supervisor. The frontal lobes are responsible for reasoning and planning. Concentrating on specific goals lets the brain bring structure to chaos and keeps the amygdala, the emotional centre of the brain in check.

How: Setting goals on a micro level is simply taking notice of what you need to focus on to get the best results, which means that moment to moment you keep your awareness on yourself. The following three other disciplines are a way that you project yourself to encourage the correct behaviour to get the results you want, which includes setting your intention and how your goal affect those around you and your environment. Keeping in mind these U.S Navy Seals already have a set of

2. Mental Rehearsal

Mental rehearsal is the use of visualisation. So what is Visualisation? is continually running through an activity in your mind so that when you try it for real it comes naturally. It is one of the most powerful tools available to you and you own that skill. Visualisation is about mentally rehearsing what you need to do to get the positive results or your desired outcome. If you practice in your mind first and imagine, how you can do it and the desired outcome, so that when you try it or real, it is in fact the second or third time you have done it, so in fact you have more information about it and you can respond differently.

How: Practice makes perfect. If you believe you can't visualise then how would you know what you had for breakfast this morning? If you think that you have not done this thing that you want to visualise then imagine that you have the best outcome. Using your imagination is powerful. Try it.

3. Self-Talk

Self-talk helps focus your thoughts. Each person speaks for themselves each moment at a rate of 300 to 1000 words per minute in our head at any given moment. If these words are positive instead of negative, in a can do, instead of can't, the positive self-talk helps override the fear signal coming from the amygdala; the emotional centre of the brain. (pea size emotion

reactor) The frontal lobes are always on and they say things like “what am I doing here” or “why am I putting myself through this and” etc.

What you're trying to do here is essentially replacing the bad thoughts consistently with a good thought. You train yourself to micro manage each thought so that you get the desired outcome consistently. Controlling negative talk and turning it around to positive self-talk.

How: Practice and notice your language internally and verbally. An NLP coach can also teach you quick techniques.

4. Arousal Control

Described arousal control, however in simple terms it is all about your breath control. It is centred on deliberate control of your breath. Breath control helps combat some of the effects of panic. Long exhales in particular activate the bodies relaxation process to get more oxygen to the brain so that it can perform better.

Breathing is a great focus strategy and is our number one basic survival skill, the second is water the third survival skill is rest and the last one is food and in that order too. With breathing you can only do it so much because in response to real fear such as what the Navy Seals encounter, your brain will get jacked up. However, breath on its own as an arousal control technique would

not work as the amygdala sends out such a powerful signal that its tuff to suppress feelings of fear but combining techniques of all four disciplines is what makes a big difference to successful outcomes and desired results.

How: To learn the benefits of breath finding a yoga class that suits you might take a bit of time. Each type of yoga has it's own personality and for me I prefer and was trained in Power Yoga, that is the style I prefer so find one that suits your personality. Yoga or meditation class is the best way to learn concentrated breath work and learn breathing techniques to control your breath and you health. And practice it daily. Guided breath audios and visualisations will help too and are available on the website. www.realinspireddreams.com in the membership sections and freebies.

It goes back to traditional warrior techniques where you're transcending past what you thought your limitations were by unlocking your confidence on an entirely new level of operating.

Scientist are now saying that, humans find danger seeking as pleasurable because it's been necessary to our evolution. If humans didn't take risks scientists surmise we would still be living in caves and not evolving, however in saying that some of us still live in our little caves and choose to not evolve by staying in their comfort zones to ensure, and that is ok, it is a personal choice.

Without judgment, simply coming from the viewpoint of observation, we are allowing the fear based consciousness to creep into our lives with through media, advertising the things we find normal. We tune into the negative sales talk that instils fear, uncertainty and doubt into our lives. And it is up to us to decide and to be aware of what we allow into our singular world and to filter it.

Risk Taking

Have you ever wondered why some people will risk more than others? Even in an everyday situation perhaps, driving somewhere you have been before, but choose to take a new way to work or an alternative to what you are use to. There is no right or wrong in fact, even if you get lost or get it wrong you still have more information than you had before.

Going a different way may give you more information about yourself, your surroundings, your sense of directions you might meet new people you may take longer but you still have moe information, right? The point is that, when you take small positively driven risks you gain. You are feeding valuable information into your world and you have more to give.

We take risks every day, risk is healthy as long as you are not putting someone else at risk when you do what you do.

People who are curious are willing to stand in the uncomfortable to be comfortable. They will happily take the risk on something they have not experienced before so that they can learn something new each time.

So be curious and hungry for more information, it is the exercising your ability to be flexible and bendy as you expand your view on the world around you toward more opportunity and possibility.

Practice Makes Perfect

The best way to see how incredibly extraordinary each and every one of us really are, can be observed with elite performers who refine skills that the general population would never even contemplate and they do it through focus and practice.

The area of the brain that benefits the most from practice is the **cerebellum** at the base of the brain. Everything takes practice and if we repeat it over time the action of practising a task over again makes the practice that makes perfect or close to it. This means that the muscle and nervous system is learning fine motor skills, so that you no longer have to think about it the body learns it automatically. However, sometimes we do this repeating of something that is not serving us like smoking or eating Macdonalds at the same time same place. We are very good at creating habits but sometimes they are not the ones that assist the body they cause havoc in the body.

Look at the things you do each day that you repeat and do without thinking and notice if they enhance your life or if they hinder your health. If so replace it with something that serves you more. The more you practice it the more familiar you get with it and the muscles in your body learn the how to do it. Just make sure it is serving you in a way that it enhances your life and health. The more finite the skill is practised the more it becomes an automatic response till it becomes normal.

If we think about how magnificent the body and the mind is, and all the things it is capable of, we are like a computer, but I believe humans are thousands of times more intelligent than any computer on this planet.

Think of the brain as a computer that processes information constantly through all our sensory acuity's the gathering of information from our direct environment sending messages thought the neuro pathways at an unfathomable rate per second through **the brainstem** that is our central processing unit and to sends out information other parts of the brain. The areas of the brain as apps that you download and do specific things with infinite possibilities.

The Brain stem releases a chemical called Dopamine that is the chemical of anticipation and the chemical of that feeling of excitement and pleasure that's right Orgasm. **The Cerebellum** is just up from the brainstem and at the base of the skull, it is almost entirely responsible for movement the cerebellum sends out

signals to the muscles so it can learn and fine tune them. The reason I am sharing this with you is simply to appreciate the incredible software you have and how it helps you every day.

Our mind/body is infinitely incredible and understanding how it works and how we can work with it to give us the information we need is part of the journey of life.

My adventures in life from early years of Military training is flat the best thing I have ever done for my personal growth and my career even at entry level, basic military training. Any Focused training is beneficial and it is the one of the most incredible adventures you can do to teach you the value of discipline that strangely results in freedom.

Discipline, teamwork, loyalty and honour are just a few gifts you get from this type of disciplinary training and yes, friendships that bond for life.

These four disciplines I shared with you really are the most useful skills that you will ever have and the great thing is, they don't cost you a cent. The only investment is the cost of investing your energy in implementing them.

Your goal is to put these four disciplines into practice consistently throughout your day, so that they become a natural. Not using them will be your biggest cost and your greatest loss.

Give it a go you have nothing to lose only to gain.
Practice these in your everyday life to get what you
want in life which of course maps across to your
business.

If you're not sure how to effectively implement them
then engage a coach.

How to Create the Art of Intention

The Art of Intention was a technique that I created over the years that engages all of the sensory acuity Visual, Auditory, Kinesthetic, and associations of patterns and symbols that are recognised by the unconscious mind.

What you will need:

1. A notebook with no lines, paper from the printer or butchers paper. Once you know how to do it then you can use any material and medium you like.
2. Pencil, crayons, texters, or coloured.
3. Your creative mind.

This process is all about creating something for the future that you want to experience.

By simply writing it down, the way you want it, you have used reinforced what you want to install it all into your hard drive of the mind. By being creative uses another part of the brain that will allow you to absorb information and feel the emotion more directly when you see the colour combinations of the end result.

How to create the Art of Intention:

1. Write out your mantra or affirmation on the back of your paper in pencil.
2. Now on your main paper write each letter large and when you write the passage ensure that all the letters join together so it allows you to colour each space in a different colour. It's nice to do the outline in a dark colour and then colour each area in a different colour. Don't think too hard, this exercise is unconscious colouring and drawing of letters that create the words, just allow the words to flow and the colours to just happen quickly and without too much thought. You will find that you are creating with intuition and heart rather than the head. Let go of the ego needing to be perfect and just allow it to happen. Don't worry about any punctuation.
3. Fill the entire page first with your writing and then go and colour in each area in a different colour. Ensure each letter touches the one before so that you create an enclosed shape for you to colour in. This creates symbols that your unconscious mind will recognise.

Enjoy the process from the heart space not a head space and have fun with it.

You can do this with your children as well. Keep your mantra or affirmation a secret just for you and all anyone else looking at it will see it a collage of colour that is pleasing to the eye.

Wish Boarding

Do yourself a wish board on your smartphone, download the app, if you have an iPhone and iPad, smartphone or Tablet if you are always using these devices. The app is we recommend "Wish Board" or do you a physical one and create one the old fashion way with glue and pictures from a magazine. Get creative and make it really special. Get an old frame and put it in a frame. You can create one for business and your life.

Random Life Hack

When you are creating passwords for anything, think about what you want to experience. E.g

I am successful

Successful1

Iamwealthy\$+

www.realinspiredreams.com

Iamloved2

Even better is how much you want to earn in the next quarter.

inowhave\$......

Etc....

Usually, passwords need to have capitals and numbers so think of something that you want more of in your life and use that as inspiration. Since you are always using passwords, it's a constant mantra and reminder of how you would like to experience your life.

Why Wishboards Work

Wish boards engage all of your sensory acuity as you search for the pictures and words that evoke an emotion you begin the process of imaging what it would be like to create those significant people, things, events, feeling, and bring it into the forefront of your mind and start fine-tuning the signals to attract those exact things into your life. Try it for yourself.

You can download the app *Washboard* from the app store on your devices.

5 Phases of Successful Change

1. **Build Self Belief** – Building self-belief is about confidence and that confidence comes from you, now one can give you confidence, it is something that comes from you and only you can build that self-belief, nobody can take it away from you, you choose to give it away. The power of confidence is self-belief. When you choose to give away your power by asking permission for everything in life it is your choice. Notice where you do this in life and take back your power with positive self encouragement and action.
2. **Letting go** – the ability to let go of the past, and the limiting belief that are not serving is giving yourself permission to let go. Acknowledge the learnings and gather learning to build strength and grow from it.
3. **Solid Purpose**- solid purpose is your mission statement, clarity of this come from knowing what you value in life now.
4. **A deep desire to help and serve others**- having a deep desire to serve others is knowing how you help people and always being curious how you can improve it, gather information with the knowledge that if you are helping just that

one person to move forward you have done your job.

5. **Connection**- a deep understanding of connection, with your mind, body, spirit.

My connection is very specific as I work very closely with my archangel Micheal and Archangel Gabriel each day, I summon them to walk beside me to guide me with divine guidance.

Understand that your connection might be different; you might have different guides, use different words to reference connection sometimes other archangels come and make themselves known to me to assist me and I ask them for guidance.

If you want more information about working with angels can guide you with that. However it is important that you know with different beliefs, religions connection is very individual and that whatever works for you is perfect.

How to Write a Creed & Why it Works

What is a creed? A creed is a belief that you hold as to how you, it is defined as a system or codification of belief or of opinion, a authoritative, formulated statement, it is a very old word however it seemed it was used primarily as a contract of beliefs. I see it a “contract to self”.

I first came across the creed concept when I read a book from the 1960's by Napoleon Hill and E. Harold Keown Called Succeed & Grow Rich Through Persuasion and decided to take it on as a practice and to share it with my clients to see if it worked and I found the results to be remarkable. It also made a lot of sense to me and I found it very helpful as a daily practice or when creating a new adventure or need to boost an area of my life.

It is a fabulous way to make a pledge and commit to change. So as part of my daily execution plan I created a creed that is my guide for each day and each day I look at my creed to remind me of how I choose to operate in each day.

I also created a creed for my life's work and my beliefs this ties in all of my values and beliefs that I stand for in my business and life.

Why have a daily creed? A creed will help you in every area of your life. You can even create a confidence creed. I find it a very helpful way of becoming committed, I tend to forget myself and do things for everyone else but me and try to please others. So to keep me focused I made a promise to myself this way by creating creeds. It is a contract to yourself and evidence of how you treat yourself is how you stay committed to your creeds. It is how I create my new adventure and my new story that is toward my dreams.

Why a personal pledge creed? This is your commitment to staying on track. Before you commit your pledge it is helpful for you to do your values and beliefs in module 1 and 2 so that you can ensure that you stay on track and work within your won framework.

How to Write Your Creed:

1. Write it out by hand first keeping in mind as you write to sow your values and beliefs into your pledge.
2. Type it out in a word document on your computer and make it look as official as you can with a signaturesign here..... You can even go

to the extent of getting a friend to witness it for you.

3. Make it a one-page creed and print it out and sign it
4. Put it somewhere you see it every day or glue it into your diary. Look at it every day.

Why does creating a creed work?

A creed works because it is the action of **writing it down** and the action of putting it into a formal document and signing it and getting someone to witness it. Which means that you are now committed to work within this framework. When you **say it out loud** and share it with someone that is part of the manifestation process, placing your intentions out there to operate by. The third thing is you are **feeling the feelings** of each one of the promises you make and they sit firmly in framework.

Example: you can write a creed for the following, here are some ideas

Business creed, Life Creed, Confidence Creed, Daily Creed, Exercise and Health Creed, Initiative Pledge etc.

It is different for everyone so create your creed to suit you in the area you feel you need it.

Exercise: Now go ahead and create your own Creed. Have fun and create as many Creeds as you need. You can create them as you need them.

*“The future belongs to those who believe
in the beauty of their dreams.” - Eleanor
Roosevelt*

The following creed is just an example of what a creed looks like and how it will flow in context of language. Always remember to write it down toward what you want, meaning that it states what will be not what you don't want. That might sound a bit silly, sometimes you can ask someone what they want and they will immediately tell you what they don't want. So ensure that it is written toward your dreams.

My Creed- Initiative Pledge

Having chosen to be a coach and Mentor as my life's work, I now understand that it is my duty to transform my purpose and highly monetize it into reality.

Therefore, I will form the habit of taking some definite action each day that will carry me one step nearer to attainment of an exceptional Master Coach.

I know that procrastination is a deadly enemy of all who would become leaders in any undertaking and I will eliminate this habit by:

1. Doing some definite and useful things each day without anyone telling me to do it or inadvertently ask permission to do it.
2. Doing some definite and useful actions each day that gets me closer to my goals and dreams
3. Respect myself and nurture my health needs. I will nurture the needs of my clients and potential customers even when I don't want to make the call I will make the call.
4. Find at least one thing that I can do each day that will be of value to myself and others.
5. Telling at least one other person each day of the value of practising this habit of doing something that will help others move toward their dreams. I am learning and gathering positive information as I teach others with each engagement

6. Attract the perfect clients to my workshop each month and make more valuable connections

I can see that the muscles of the body become strong in proportion to the extent to which they are used, therefore, I understand that the habit of initiative becomes the action taken to get the results desired is a choice and therefore I choose to strengthen my physical body, my mental state to be of a positive mindset and developing the practice of my initiative muscles and the habits of developing new positive habits to enhance my lie and others.

I understand that that my practicing this habit of taking the initiative brings a wealth of opportunity and connection with my daily work, not only will I develop the habit of consistently bring money toward my dreams with ease and grace I will take the initiative and drive it to attract the attention of those who will place greater value on my service as a result of this practice. I hereby commit to the above to attract the right people to help me on my journey as I go forth with love and freedom to fly.

Signed.....
.....

How Negative Thoughts Affect Our Goals

The 5th Action is to “Align your thoughts with your goals.”

Where there are negative thoughts about goals or your process, then just notice it and catch it, change it to what you want to experience instead.

Here is an exercise to reduce the number of severity surrounding the negatives thoughts. It is centred on eliminating what was incomplete in your life.

Exercise: Write down all the things you have done that are incomplete

What are the things I started but never completed?

What are the things that I have in progress, but not complete?

What are the things I have almost complete, but still not finished?

What things I have been able to start?

What things I've been unable to change?

What are the things I've been unable to stop?

All the things that are incomplete rob you of the power and energy to have what you want. If you can, be

complete all the time, to feel the exhilaration that will allow you to begin to align your thoughts with your goals.

The 6th Action is to “**play everything at 100%**”.

It makes life more meaningful and fun. Holding back and not playing at one hundred percent will keep you from your goals and desires. To the extent that you don't play at one hundred percent, you unconsciously set up blocks and reasons why you cannot play at one hundred percent. And those obstructions prevent your true success.

For each moment that you don't play at one hundred percent, what happens? You create a lot of barriers that are not aligned with having what you want.

So always play at **100%**! The universe supports those who play at **100%**. Go all out and you will succeed. Only then can you make your Real Inspired Dreams, your reality.

*The universe supports those who play
100% toward excellence. Dr Tad James*

Module 4

Your Unlimited Power

Your Personal Time Record is how you store your memories. I am going to give you the secret of your Personal Time Record. Some people may struggle with the notion of a Time Record and wonder how it will work for them.

At first, the idea that people had a Personal Time Record, seems to be utterly fantastic. It is even more fantastic that you can affect the Personal Time Record, to make changes in yourself and to make your life better.

Your Time Record is how you know the difference between the past and the future.

If I said to you..." if you were to imagine yourself in a bubble 360 degree around you and in that bubble you stored all of your memories and I ask you where your past is and where is your future? That you might point to a certain direction, such as front to back or left to right or even a 'v' shape."

Let us just suppose for a moment, that you knew, you know, your unconscious mind could tell you how it stores

your past and your future. And if you know that now, could you point to what direction your past is?

Great...

Without even thinking and the first thing that comes to mind. Can you, if you want to, now where is your future? Good... do you notice now that the difference between the past and the future implies a line? Great excellent... and let me add that the line does not have to be a straight line, but there is an implication of a line there? Do you understand...good.

Well do and welcome Back!...

Is that something that is easy for you? Did you have any trouble doing that? Good.

Your Personal Time Record – Associated and Disassociated

Throughout the experience of these visualisations audios of your Personal Time Record the first thing that comes to most people's minds is 'am I doing it right'? And the answer is **'Yes, it is perfect'**. Your experience of your personal time record is perfect.

The main thing is in any of these processes is that you follow instruction and listen to my voice. When you are above your Time Record, you should be looking through your own eyes, as you look down on our memories of the past and the future, just like you're watching a movie.

What do you mean by 'Disassociated'?

When you are in the state where you are watching yourself in the movie so to speak, we call this, being **disassociated**, so you see yourself in the movie.

Sometimes in your Time Record we can go to the event and you will be guided to look through your own eyes, just like you are in a movie, and look around, as though you are there in the event looking through your own eyes. That is called being **associated**, so you are in it looking through your own eyes.

What does it mean to be Associated?

However sometimes, throughout the Time Record process you can get involved in the movie and find yourself totally **associated** very quickly. Suddenly you may allow yourself to be in the movie and really close to the memory, where the feelings are the strongest, this is not a good place to be, unless you are instructed to be there.

While experiencing your Time Record you are not in the event until you instructed to go to the event, simply because when you are in it, like in life, you cannot see the learnings, your fogged in. The learnings are the gold here and precisely the reason why we do this process, it is through the learnings we heal the event and take the learnings as tools for the future.

It is absolutely so very important, to get the results you want and the way you do that, is to follow instructions.

Make sure that you are **dissociated** (watching the movie) until you are asked to go into the event and have a look around, by then you will have got the learnings and the emotions have disappeared. If you ever find yourself in the event or getting too close to it, and the emotions are really strong, then use your breath to get you higher and higher further and further back. Just like in life you can disassociate yourself from the event, so it is the same thing.

Think of a Time in the Past....

Can you remember a time in the past when you were able to do that?

And know that however you do your Time Record is just perfect.

I want to make sure you understand this part, because it is a really important step into the Time Record process.

What we are specifically looking for is how you organise memories. You in fact, have a way of organising your memories, so that you know the difference between the past and the future. Because, when you think about it, you must know the difference between the past and the future.

For Example: How do you know that you had breakfast this morning? There has to be a way that you know.....you remembered it right, good.....Your Time Record is how you remember it. But how do you know the difference between what you remember and what you think is going to happen in the future?

Your Time Record is how you know the difference between the past and the future it's like your very own personal Black Box flight recording of how it actually happened settled in your unconscious mind.

Now, can you recall a memory from age 7? Maybe the colour of the family car or the colour of your school uniform or even the colour of your room.....got it?

Good...now think of something that you have planned for next week.....got it....good. And imagine something that is going to happen a year from now...are these organised in a line as you recall them?good.

*"The Future depends on what we do in
the present"*

Mahatma Gandhi

Journey on Your Personal Time Record

Go to (Audio 12) www.realinspireddreams.com

And welcome back!

How do you feel? After going on that journey above your Time Record, you might even be surprised how rested you feel.

Did you find that easy to do? As you were above all of your memories?

Did you remember something that you did not remember for a long time?

Good... that means you're doing it.

What is Your Personal Time Record or PTR?

Your PTR is how you store time internally. Everyone has a Time Record. Most people have never been aware of it.

Now, draw a picture in your notebook of you in the middle and a line of where your future is and was your past is about you. (don't think just trust)

As you draw the picture does the line go past you or through you? Just notice if your future go through you or past you?

Good...

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Now it's time to decide what you want as a result of this training.

Write down one thing, that you want to accomplish as a result of the learning about the Time Record that implies a line, act as if you know what you want and let your unconscious mind tell you what it is.

You can close your eyes if it helps and asks you:

What do I want?

And how do I want to experience it?

Then open your notebook, pick up your pen and write it down in your notebook.

Make sure it is stated in the positive and that it is for you only and write it as if now.

It is important to know what you want in any situation. To be a master of creating and activating your Real Inspired Dreams. You must decide what it is that you want in advance.

The First Step is to “Know Your Outcome”

Audio 13) www.realinspiredreams.com

Write it down now..... the words “**Know my outcome**”. In your notebook, write down what outcome you want.....then if it helps you continue to write down what your outcome is, if you have not done so already.

Remember your outcome can change can and that's ok. What I mean by your knowing your outcome is, what is the result that you want to experience?

Scribble some ideas down here on this page draw or just write words that you resonate with play and have some fun.

Placing Your Goals Into the Future

Goto (PTR Process Audio Transcript)

Welcome back!

What did you notice? Write down any notes here or in a personal notebook.....

What is the Purpose of Knowing You Have Personal Time Record?

Essentially what we have done is taken one event or memory and put it out in your future.

That is the teaching of how to program your Time Record for future success—how to activate your future toward what you want.

Consider This....

I would like you to consider something. As you went back into the past and looked at it, did you see memories back there?

Think of this....what if everything we put into your future was going to happen just as everything in the past is something that has already happened? That means that there is predestination...that maybe true but you have the power to decide what you want in the future. With the Timeline, you can decide what is going to happen and when.

That is the first teaching of your Personal Time Record so maybe you have other beliefs but of how the universe works however I ask you just to take the possibility and contemplate what you have learned.

MY LEARNINGS: What are my positive learnings?

The Nature of the Universe

(Audio 14) www.realinspireddreams.com

- The basic nature of the Universe is mind. It is pure intelligence.
- The reality is not what you see. It is vibration.
- Every thought, emotion or mental state have its corresponding rate and mode of vibrations.
- The universe demands equilibrium. Everything has its opposite and everything has a cycle.
- We are always compensated for what we do.
- I am a Cause in my universe.

Now spend some time listening to this video on quantum Physics and Neuroscience:

<https://www.youtube.com/watch?v=x2baCg8SHGM>

MODULE 5

The Principle of Cause & Effect

This behaviour is all a result of a misunderstanding of **the principle of Cause and Effect**. Just remember that you are at cause in your universe and if you ever find yourself at effect then remember there is a choice you can choose to be on the cause side where you are actively creating your future or you can choose to be on the effect side where it is always someone else's fault and you are not responsible for your actions because someone or something made you do or act in a certain way. (This is not a powerful place to be).

A good thing to remember **"I am at cause in my universe!"**

Which means that "I am responsible for where I am today". If you raise the vibratory rate of your thinking, you will be able to raise above the lower effects. The lower emotions and effects will not affect you. You will however, always be subject to the higher effects.

The universe being intelligence and consciousness, it is possible to affect the fabric of the intelligence that makes up its Quantum level. The level where effects may be gained is at the higher vibratory levels.

Creating your Real Inspired Dreams works in this level. There is balance in the universe, the equilibrium is maintained by the pairs of opposites and the law of compensation. You cannot expand energy and have it not be returned to you.

So always remember that you are at cause of all that happens to you and in your life. Simply, because it is a choice and you always have a choice.

With this knowledge you can look at life around you and notice how much brighter everything in your life looks. It all seems different.

Your work with your Personal Time Record is the major component in creating your Real Inspired Dreams, but it's not the only thing you need to do. Of course, you must take action.

Remember the **1st Step** toward activating your Real Inspired Dreams is to **“Know your outcome”** then let's take the next step.

In fact **“taking action”** is the **2nd Step**.

To take action is to write it down. Whatever you want to create and the way you want to experience it. Make sure you write it down the way you want it.

Make it so....

Write down in your notebook, how you want to experience it and do it now, before you go any further.

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The Most Powerful Words You Will Ever Say

'I AM' (Audio 15) www.realinspireddreams.com

Think about the most powerful words you will ever say.....

"I AM"

Let's break it down into bite size pieces as the following:

Intention- your intention

Action- your action (Creates)

Momentum- (of infinite possibilities) ∞

Seems simple enough, however it is like an equation once again. **Your action** is like the plus sign it makes the rest of the equation work and without it nothing happens.

Your universe revolves around the energy of **your intention** and intention is everything. **Your intention** has the power to create awesome potentiality of life in our universe. **Your intention** is how we evolve as a human race and also the demise of it. The power starts with our intention.

Too many people don't take action, there are essentially two tendencies—the active tendency and the reflective tendency. People who are of the active tendency are

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fairly active. They are the doers of the world. They will and do make things happen. They are Proactive. They are the people who shape the world—the entrepreneurs, the movers and shakers—the go-getters in this world. They go out and do it, they make things happen. They create, they take initiative and they act. While they are more likely to make mistakes, they are also more likely to do something, anything.

A Reflective Person

A reflective person will not act until forced to react.

Rather than being active, these people tend to study more than act. They let things take their course instead of making things happen. They prefer to study the world—the scholars in their ivory towers. A person of the reflective tendency is a passive type of person, they will often sit back and study things, because they are not ready to jump right in until they have had a chance to fully analyse it. Often they will not act until forced. They do not get things done.

A Reflective person will often do detailed studies evaluate the consequences fully and react only when forced. These people might say “we don’t want to do anything in a rush! Often, bureaucracies get caught in a reflective mode—avoiding mistakes. Things just seem to happen. Rather than being the cause they are at the effect of events.

Of course people tend to exhibit both traits. But everyone should ask themselves **which are you?**

Be Sure That You Are Prepared to Take Action. Not just to study it.

When starting a project, make sure that you are surrounding yourself with active people. You can find out by asking them a question.

When you come into a situation, do you usually act quickly after sizing it up or do you usually do a detailed study of all the consequences and then act?

This question has to do with predicting how much energy a person will put into pursuing their life's goals. In addition it will predict how quickly a person will act. Size the people you work with. Work with active people and you will grow, stay away from reflective people they will, slow you down.

Decide on What You Want

Create your future, using your Personal Time Record (PTR) and take action by focusing on what you want.

The possession of knowledge, unless expressed in action, it is like the hoarding of precious metals – a vain and foolish thing. The universe demands that knowledge be used. Knowledge must be used. This is the law of use,

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there is a saying, the basis of which is in use today as “use it or lose it”

Check In That We Are On Track:

- Take responsibility for where you are.
- Clarify your values (decide what is important to you)
- Write down what you want.
- Clean up any past memories not consistent with what you want.
- Create your future by creating new memories for your future timeline.
- Align your thoughts with your goals
- Play everything at 100%
- And always have gratitude

Personal Time Record & Your Personality (Audio 16)

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Would you like to learn about what the arrangement of your Time Record means in terms of a person's personality?

Learning this might be helpful in learning how to deal with deferent people in terms of a personality and understanding their processes.

In NOW Personality (IN)

Your Personal Time Record that *runs from front to back* we call '**In Now**' which means essentially that you are in the Time Record or inside your experience of time.

"In Now" people tend to be caught up in the moment. If you are an **In Now** person and you and I have a plane to catch at 2:05 you probably will not notice, if you arrived at 2:15 you're late. **In Now** people tend to want to discover what life is now and adapt to it.

Futuristic Personality (F)

The classic origination of your Time Record for a **Futuristic person**, is *left to right*. The **Futuristic person will have their life all laid out in advance. They pretty much know what they want in life**, as opposed to the **Futuristic** person who aims to adapt to life, the **Futuristic** person will know what they want and make life adapt to them.

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Now, any combination or difference in these two styles of recording time as you see it will cause a combination of **In Now** and **Futuristic** personality traits.

So somebody who is **Futuristic** will view time as ordered, linear, sequential and they will carry diaries and organisers and love them. The people that carry little organisers and hate time --- are **In Now** people.

Plan To Organise Your Personal Time Record. In order to plan, it helps to organise your Time Record as **Futuristic**.

That is why when you write down your goals, you walk out on the Time Record and look around. When writing goals, set up the organisation of your Personal Time Record so that it is in front of you and crosses the room from left to right. Then imagine you float out into the future to the date and time for which you are planning. Planning needs a **Futuristic Perspective**. Yet when you are working at something that you need to focus in on, if you need to be really in the moment. Then that requires an **In Now** perspective.

How Your Time Record is Organised (Audio 17)

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When you think of it, a Long time ago, before there were factories, actually before there were clocks, there was not any need to be on time. Because if you and I were to meeting, we'd plan to meet by the big old oak tree, by the stream, on the third full moon after the snow had melted. If I did not show up, for a couple of days you would sit there and wait. You wouldn't care. You would be catching fish and a few rabbits to eat.

Now we have the era of the mobile phone and internet and there is an underlying urgency for everything, even trivial things that are not urgent.

When we invented factories, and industry there was a need for people to be on time, to ensure that someone was there to catch whatever was coming off the conveyor belt, pack boxes and deliver on time. So **Futuristic person** is an invention of the modern man. **Futuristic person** is Linear and sequential, much like the conveyer belt.

So your Time Record is organised in a certain way and how your Time Record is organised, will make you different in how you experience time and how you deal with time.

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What we have learnt so far.....

The Basic Focus: "I am in charge of my mind, and therefore my results"

1st Step: Know your outcome

2nd Step: Take Action

3rd Step: Focus on what you want

So now, we need to clean up the past...

Cleaning Up The Past (Audio 18)

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The past can be a milestone or a millstone around your neck. You can create your Real Inspired Dreams into your future, but if you're past is not consistent with the future memories that you have put in your Time Record, then the results will not be as certain.

Would You Like to Know How to Clean Up Your Past?

Most people have event and emotions from the past that are limiting our progress in the present. Our self-dialog might be something like "if I were just different, then I would be a success" sound familiar? Well, don't worry these limiting beliefs are common and unless dealt

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with, can leave you on the mouse run, going around and around feeling like your stuck.

Let's look at our Time Record for a moment and see if there is a need to clean up some of the things that happened in the past, somewhere along the way.

So..... just stop.....and just follow this simple process

Personal Time Record Process for Cleaning Up the Past

Goto (PTR Visualisation Audio Process transcript)

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Ok, we have been working to clear up any past memories that could create obstacles. The main reason for that again, is to release the energy that has been used to suppress those past traumas.

You may have discovered that the colouration of the Time Record, the brightness, the size and whether or not the Time Record is continuous, will give us a fair amount of information.

If your Time record is not continuous then, you are using energy which could be put in the future toward your goals. So healing any of the past events, will allow more of the energy, to be put toward the future. There are some other past obstacles which I would also like to clear.

Consider your goals you wrote down...

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Now, as you consider the goal you wrote and that we put into your future, I am wondering if you are truly aligned inside with regards to the achievement of this goal. I would like you to go inside and notice, if you are truly aligned with the achievement of this goal. That is, check to see if this goal is something that you truly want for yourself and is it congruently desirable within you.

Do you truly desire this particular goal?

Is it something that one hundred percent of you really wants?

If you have any a yeses and no's, then just trust. Those little voice inside you say yes or no go with that very first thought that little voice is your intuition and notice is it a strong 'yes' or a strong 'no'. Now if there is a part of you, that isn't fully in alignment with this particular goal, if part of you thinks that it isn't okay, and that "people like us do not get that", or if part of you says that "you shouldn't get that, or can have or ought to have", I would like to suggest to that part of you, that it consider its highest intention for you and I do not mean just its own intention, I mean it's **highest intention** for you as a human being. As this part considers its highest intention for you, does it also see that it could, by supporting this goal, achieve its intention, far more easily for you? It does, does it not?

Just notice that sometimes your attention might wonder at this point, but don't worry, its normal as this type of

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internal checking is consuming, and may not be of a normal thing to take notice of, so just trust in the process and allow yourself to listen to your internal dialogue at this stage. It might not even make sense, but just notice don't judge and you might hear a voice that is totally agreeable to carry on.

Well done, for getting this far...excellent.

As you consider, as the part inside you considers this particular goal, as you consider this particular goal, do you find that, the parts of your unconscious mind inside you are totally aligned and are willing to support your goal?

That's the second way to clear up obstacles from the past – to get the alignment of all the parts of your unconscious mind.

At this stage, you can just wait to consider that and when you're ready let's continue...

Module 6

Focus On What You Want

The 3rd Step is to “Focus On What You Want”

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I would like to suggest is that, as you consider this goal that you want, is there any decisions in your life that you have made in the past that would limit you or keep you from having this particular goal that you want?

If you were to know, if there was a limiting decision, that limits you or keeps you from having this particular goal?

Yes... if so..... when did you decide that?

Are there any other limiting decisions, that you made in the past that would keep you from having this particular goal?.....if so, go inside right now and see, if there are any limiting decisions that would keep you from having this goal. It may be a decision in your past about your ability, to have or not to have, what you want in your life. Decisions about having money or a the perfect relationship, whatever the goal is.

Have you found a limiting decision in your past, which might limit you?

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"Yes" I am sure everyone has one and you'll find most people do, but they are not aware of them. The process here is to become aware of them. And then disengage the power of that, they once had. Like you imagine pulling out the plug from the power outlet.

The way I would state it is -" if your unconscious mind knew and if you could trust your unconscious mind and I know you can, to let you know the exact moment of the decision, which if disconnected, would allow you to be at choice regarding this particular goal that you want, to be able to choose to have it If your unconscious mind knew, could it transport you back to the moment when you made this particular limiting decision, could you float back into the past and just have your unconscious mind, transport you instantly back to that moment. As you do that, allow yourself to notice, what it was NOW...it might have to do with personal power, or some other decision, whatever it is, just notice it."

Excercise: Write down any limiting decisions here that you might have?

Then write down how you want to experience that instead.

Now go to **Limiting decisions** Audio process

“Let go of the Past and go for the future. Go confidently in the direction of your Dreams. Live the life you imagined.”

Once you have completed that audio, then you can continue.

Audio www.realinspireddreams.com

Welcome Back!

Let us do one more thing, do you have guilt? Of course most people do.

Most people do and it keeps them from having what they want. Some people do not have guilt and they should be guilty about that.

Let's look at that doozy of an emotion called **GUILT!**

Because like limiting decisions, guilt can keep us from having those things we want. Guilt is actually a rather simple thing to handle using your Time Record. We picked the more complex things of limiting decisions first, so guilt should be easy.

Can you think of something in the past about which you felt guilty, which as you remember it now, you can still feel the feelings of guilt? Good, can we get rid of it?

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Getting rid of Guilt

(Audio 20) www.realinspireddreams.com

Guilt -The Worst Emotion On The Planet

Guilt really is the worst emotion. I mean what can you do about what you have already done? Yet, we are brought up to be guilty.

Of course some **guilt** is appropriate and should be there. But most of the guilt that people feel, in our everyday lives, is totally unnecessary. It is a habit or becomes one. And we go through lifetimes, being guilty about events that are all over and done with, or you hold guilt for someone else and the “I am not worthy” or “I don’t deserve to be happy because...” can occur when a loss or tragedy is encountered. Naturally we love to blame, and blame ourselves for the significant emotional event and hold on to the guilt for the loss. This behaviour will not serve you in this lifetime as you keep replaying the old record, you end up on non-forgiveness roundabout that keeps you from your true greatness, your true essence. The essence of the problem is in finding the positive learning for this lifetime and allow yourself to move forward.

What can you do about something that is already done?

Not much. So the problem with guilt, is that it keeps us from being the magnificent human being that I know

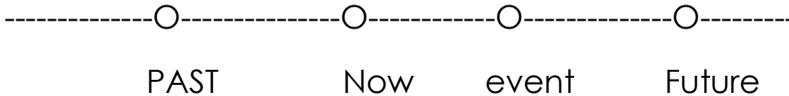
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you are. So the guilt's we carry hold us back from being totally unlimited. They rob us of our energy from our future success.

Write down your learnings so that you can use them in the future. Do that now...stop now and write down your positive learnings from that particular event.

The Process for Destroying Negative Emotions Including Guilt

It's simple. If this is the past,



Process: The process is very simple. If you just imagine rising up above you Personal Time Record, glide slowly down into the event, notice what emotions are present, turn and look toward now and remember you are above your Personal Time Record, looking across the top of the Time Record take the learnings from that event and now ask yourself where is the emotion? That right it's gone, it disappears.

When you want to let go of negative emotions, just make sure you are above your Personal Time Record and go back before the event or any other events that lead to that event. You will notice, the emotion disappears. Then if you go back and re-assess the event, you will notice that the guilt has disappeared. It is emotionally balanced. That is how you handle guilt.

Limiting Decision & Beliefs

In the case of limiting decisions, “here is the FUTURE, the PAST and NOW. Let’s us say we have a limiting decision here (pointing to somewhere along your Time Record in the past). In this case the process is essentially the same, only the first step is not optional.

So, what you do is descend into the event and notice what emotions are present is Step 1, Step number 2, back out of the event and turn, looking toward now and notice that the emotions disappear and that the decision disappears. So that is the process for eliminating a limiting decision.

The brain is usually really quick, the mind of the human is something that is extremely quick.

As you may remember, your mind-body takes in 2 million bits of information per second and process that down by deleting, distorting and generalising it all down into 134 bits of information, so that we can organise it and the outcome, is our behaviours.

We are constantly changing and evolving with the information that we had at the time, and made up from our past experiences and we are processing from that place where we made the decision from the past all the time. If we continuously get results that are undesirable, then we need to look at the limiting decisions, the root cause (when did you decide that?).

Now, if you were to consistently decide you don't like something, then ask yourself;

When did I decide that?

And for what purpose did you decide that?

Opportunity to Learn

You might find that you are playing out an old record that is not relevant anymore. It may be cutting off, opportunity to learn and evolve as a human on this planet today, just imagine what you could experience, if you didn't behave in that certain way and maybe even notice, how it effects the people around you and your life, how it is today. This is "*taking responsibility for where you are today*".

Slave to Your Past (Audio 21)

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Are you're a slave to your past? This is an interesting question to ask, and if you were to take a close look at the way you behave, in certain situations, you might notice you are being a slave to your past. If we allow ourselves to continue that behaviour you will always get the same results.

How you can notice if you are a slave to your past is to notice your language, and notice how you relate to the people around you. Notice how the people around you respond or if they react.

When we **respond** to something we don't take things personally and if we **react** to something we take things personally, so just notice how we are **responding** to life and take back your own power and don't take things personally.

Now if the brain is usually really quick, then that means that we can change our mind about something in a moment, it just depends on how much attachment we have to the person, thing, limiting decision, that there are a number of preconditions that we set up before we go out and eliminate a negative emotion, like guilt for someone or something. However, that having be done, usually the brain will make a generalisation rather quickly.

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Anxiety

(Audio 22) www.realinspireddreams.com

What About Anxiety? Some people who are not very good at guilt, by the way, are often good at anxiety. Some people who have a lot of guilt are often not very anxious, some people with anxiety do not have a lot of guilt.

Anxiety is a lot like **guilt**, but in the other direction. Anxiety is an *emotion of the future*.

Let us look at anxiety for a moment...

Once again, PAST, FUTURE, NOW. There may have been anxiety in the past that typically will not affect someone.

What usually affects people is anxiety about something that is going to happen in the future.

Once again the process is the same only in this case we go forward into the future.

Can you think of an event about which you are anxious?

Of course you can? Most people can....

Could you please go forward into the future one minute after the successful completion of the event about which you are anxious?

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Now in the future this time, the event did not complete itself successfully and you see what you didn't want! And ask yourself "why would I have something in my Personal Time Record that I didn't want"?

Good question! Because, why would we want to create something bad or that does not serve us in any positive way? So, yes you can change it, if that is what you have done.

And here's how you do that.....

Audio Visualisation www.realinspireddreams.com

So float up above now and out to the event in the future....

Remember; sometimes people put stuff out in the future in their Time Record that they do not want. However now that you know the secrets to activating your dreams, using the simple steps of " imagine it the way you want it", then you can go out into the future and look at your future Time Record and make sure that everything that is out there is something that you want to have happen to you. Okay? Make sure, you are totally aware of that and remind yourself, you have the power to do this at any time, it is taking responsibility for where you are today and knowing that you are at **Cause** (knowing you are creating your life by being at **Cause** not being at the **Effect** of things and people around you) everything in your life is your creation, so

create it how you want it. Simple hah! Now decide that, just as you decide to put clothes on every day or not!

It's still a conscious decision, as to how you would like to effect the world around you.

Now you're smiling!!.....there you go!

So go out now into your future Time Record and make sure that everything that is out there is something that you want to have happened to you. Go right out to 1 minute after the successful completion of whatever it was you were anxious about and made sure your results are the way you want it! After all there is no other way, but the way you want it.

Getting Rid of Anxiety

The process for anxiety, and we are going to do it in a moment, is to simply go out into the future 15 minutes after the event and turn back around and look toward now and watch the anxiety just disappear. So, if you have something in the future which you thought you were anxious, you know what to do.

Some people like to keep anxiety to keep an edge for themselves. Some people like to use anxiety because that is what motivates them. If that is how you motivate yourself, then it may not be appropriate to get rid of all the anxiety that you have. But one thing I would like to

suggest is that, it is probably a little healthier to motivate yourself in other ways.

The problem with anxiety, as a motivator, is that it tends to cause the body, not be as at ease, and so anxiety takes its toll physiologically.

If you use anxiety to motivate yourself and were unwilling to let go of all the anxiety, may I suggest to you, that you keep the anxiety as long as it is necessary to motivate yourself until and only until, you are ready to find other ways to motivate yourself that are a lot healthier for you.

Here is another way to deal with **Anxiety**....Can we play for a moment?

Shifting the position of anxiety makes a big difference to it, as well.

Can you remember another event about which you are anxious in the future?

Get in touch with the physical feeling of the anxiety in your body and as you do, notice if you can move it up just one inch? You may now notice it has changed to Anticipation. Now move it down an inch and notice that it's not really anxiety. In fact many events that we were anxious about, we are actually only anticipatory about. And just by moving the location of the feeling slightly, will change the meaning of the event. Interesting hah!

Module 7

Quantum Prosperity

Money & Wealth Mindset

(Audio 23) www.realinspireddreams.com

What is the nature of prosperity?

Why do some people seem to attract money, while other have so much trouble with it?

When people have trouble attracting money to them, it is because they do not understand this principle of prosperity. It is often due to limiting beliefs, or decisions that you have, about money, from an experience in the past.

Unconscious decision's that have usually been made accompanying a significant emotional event or something they have witnessed, time after time, which becomes a belief that is taken on and the result is your behaviour toward money and how you handle money.

Understand this; it's not money that you want, it is prosperity.

The money that you want, is simply really just prosperity.

To cause money to flow to you is not difficult. It is only a matter of using the universal principles, which you have already learnt to cause the thoughts in your mind, to

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centre on the notion or idea of prosperity. You need to establish a deep understanding of the Laws of Prosperity, which we call **a 'Prosperity Consciousness'**.

The opposite is **a 'Lack Consciousness'**. A lack consciousness will inhibit the free flow of money into your life. That is not very useful for anyone.

So, there are only a certain few beliefs that are necessary and the **Prosperity Consciousness** will follow.

The Universe is an Abundant Universe

(Audio 24) www.realinspireddreams.com

That's right, the universe is abundant universe and really, if you want to take it one step further to expand the mind a little bit more, is the concept of why would we only think there is only one universe and that there are not multi versions of the universe, as recently seen with quantum physics discovery, of the possibility of the notion of "multiverse". The universe that we talk about here is the UNI (one) version of what is you and your experiences.

Knowing that there is that concept, then that stretches the imagination which is a great thing to do on a regular basis. The Universe is an abundant one, there is no lack of sufficiency in our universe.

*“ Do something today that your future self
will thank you for.”Anonymous*

The 6 Beliefs of Prosperity That Will Change Your Life Forever - When You Believe

The Universal Laws of Prosperity are beliefs you hold around Money and that are a good thing to practice:

Belief 1

There is enough prosperity to go around and for everyone to prosper. If we hold the mindset of abundance for all - Hold the belief that there is enough for everyone. The universe wants to see that you have sufficiency and that you have an abundant mind, this mindset will expand the prosperity and abundance of wealth that you want to share.

Belief 2

The universe wants ME to Prosper- holding the belief that the universe wants you to prosper and a knowing that you deserve to prosper.

A great man once said **“The only thing that a man has to discover, for himself, is whether or not the universe is friendly, it is, is it not?”**

This belief of prosperity all depends on you. The energy is prosperous if you focus on prosperity and

you deserve to prosper. Just look around you. There is infinite abundance and prosperity.

Do you understand that there is no lack of abundance in nature?

Belief 3

Every thought or mental state has its own vibration.

Just like brain waves frequencies are measured in hertz. This vibration is known as a brain wave frequency. See (brain wave frequency). The universe will give you what you dwell upon.

All prosperity is first produced by the human mind.

All business endeavours are built on ideas.

A business does not open its doors, before there was an idea. Any endeavour begins in the mind. So, all prosperity begins in the mind. If that is the case, then working harder will not produce more money, nor will working more hours produce more money. Increasing prosperity requires changing your thought processes, so that they focus on prosperous thoughts. Money and its flow into a

person's life are a direct result of the nature of the thoughts in a person's mind.

Belief 4

Money is An Abstraction

Firstly let's look at the definition of Abstraction - being an impractical idea, **something visionary and unrealistic** – the value of the work you do, the amount of goods and services produced, is measured abstractly by the value of money you are paid. Taking into account all the previous beliefs and because **all prosperity begins in the mind** and because money is an abstraction, then the greater the level of abstraction, of an idea, the greater the value of the idea. It's value increases.

Belief 5

Money Has No Intelligence of its Own

Most people act as if money did have its own intelligence. Most people act as if money had a mind of its own. And you might have heard people say 'Money just slips through my finger' or 'Money just doesn't like me'. If you have 100 coins here on top of the table, they wouldn't do anything of their own accord. Nothing would happen until someone came along and did something with them. Money follows your

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directions exactly. It won't come to you without your direction and it won't go away from you without your direction.

The final belief is that money demands you are aware of it at all times. This has to do with both your personal life and in your business. The key is, money demands attention on money.

Belief 6

Money Demands attention on Money

This means that you need to know where you are on a day to day basis.

Shopkeepers in a shop need to look at their income on a regular basis, perhaps as often as 2 to 3 times a week. In your life and in business, you need to know what is going on regarding money.

In business 80-90 % of the cases where a shop owner is in trouble, indicates that the shop owner does not know the financial situation of the business. Which one comes first I am not sure-- lack of attention or lack of money— but they do go hand in hand. Look at your finances regularly. So, money demands attention on money: how much, where is it coming from and where is it going!

The Thinking Necessary for Prosperity Consciousness

(Audio 25) www.realinspireddreams.com

What kind of thinking do you need to produce a Prosperity Consciousness?

Then, just effect a change in the quality of the ideas in your mind, so that the greater part of your thinking is a prosperous nature, instead of thinking about what you lack. Bring about a change in your thoughts and that will produce prosperity.

You can change the way money behaves in your life just as you can change what and how you think about it. In fact just by holding the idea of an abundant universe—supportive universe, where there is prosperity for all—will produce a 'Prosperity Consciousness'.

This means that you believe that there is abundance and 'enough' for everyone and that everyone should prosper. Just the idea of a sufficiency produces a Sufficiency Consciousness'! On the other hand, thoughts of a lack of sufficiency, of a 'Lack Consciousness' will produce

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blocks (which you have created) which restrict the flow of money to you.

Laws of Power - Mind and the Universe

1. The human mind is infinitely powerful.
2. The human mind at its depth, is the same intelligence that makes up the universe.
3. Like the universe, it is pure intelligence.
4. You have that same power within you and it is always available to you. It is at your command.

What keeps you from realising your personal power?

What keeps us from realising our power is, thinking that you don't have the power. If you believe this, then you're thinking that you don't have the power. If you believe this, then your thinking isn't in alignment with your goals, so you are less likely to get what you write down as a goal. You see, the mind always produces results exactly according to your instructions. If you're thinking and your goals aren't aligned, your thinking will win out.

Imagine...

Your walking down the street and perhaps you see something that you want, perhaps even something that they've written down as being a goal that you want, (like a new car), yet even though there's a desire there, your mind says to you, "Oh you can't afford that!" You've done that haven't you?

That kind of thinking restricts prosperity.

Here is an analogy: Think about a light bulb. The light in a light bulb might or might not even be enough for you to read your notebook. That is if there weren't another source of light in your room. But the light in a laser has been sent to the moon and reflected back. Why? Because the light in the laser is aligned. Each ray of light is synchronised with each of the other rays in the beam of light.

Without alignment of thinking. The mind is like a lightbulb when it comes to your desires. The mind is filled with thoughts that aren't in alignment with actual desires (or stated desire).

Remember: The mindset in activating your future is to eliminate any thoughts that aren't in alignment (or don't agree with) the desired goal. Outcome

or state. Work on your thinking, use the universal laws and create thoughts that will support you in having what you want.

Remember The 4th Belief is that money is energy....

If we are taking into account all the previous beliefs and because all prosperity begins in the mind and because money is an abstraction (something visionary and unrealistic) then the greater the value of the idea increases the quality or abstraction of an idea, its value increases. That is why important ideas often strike us in their simplicity. It also means that as we increase the abstractness of the idea in our mind, their value increases. The net result is an increase in our prosperity.

Therefore, seek to increase the level of abstraction that you are capable of handling mentally. Seek to increase the level of abstraction of your thinking. Do not strive to handle more detail, delegate it.

Meditation, Contemplation & Affirmations

Meditation, contemplation and affirmations are all valuable in learning how to handle abstractions. This having been mastered, your personal connection to the universal intelligence, will be established and will bring you new ideas that will synthesise all the specific ideas in mind.

This will generalise, leading to ideas that are more powerful and produce more income.

Ideas come in hierarchies from specific at the lowest to abstract at the highest. In a hierarchy, the higher an item is the more it controls – the more abstract an idea is, the more general it is, the more other specific ideas it controls. The infinite quantum level of the universe is pure abstraction, pure intelligence. So, when you increase your minds ability to handle abstraction you will experience a connection to the universal intelligence. Then, your prosperity will increase automatically and so will your income.

Remember; money has absolutely no intelligence of its own, it is totally up to you to direct it.

*The best and most beautiful things in the world
cannot be seen or even touched – they must be
felt with the Heart”*

Helen Keller

Module 8

Real Inspired Dreams

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What about your real inspired dreams?

Would you like to know how to take your goals and make them real, more compelling, more inspired and automate them so they happen automatically?

DREAM BIG BOLD AND BEAUTIFUL

Too many people in this world have fuzzy visions and wishy-washy goals. They are not excited about them and who can blame them? If you wish to have great things in your life and business then great big dreams are essential.

Now, imagine in your mind's eye, and if it helps you can close your eyes, and make a picture of the goal you wrote down earlier.

Can you make a picture of the outcome you desire?

Go to Big Bold Dreams (Audio Transcript)PTR

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Yes, that's right you can have whatever you want and be whoever you want to be, just be inspired enough to create it the way you want it.

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Be REAL Strategy

The following is a simple strategy to be real and are for you to refer to on a daily basis or whenever you need to remind yourself about how to get real about life and your business.

BE...

R **Reliable** is to do what you can to be aware not to burn out say what you mean, don't make promises you can fulfil.

Recharged is giving yourself time to breathe time to recharge
to take it to the next level and fully energised.

E **Energetic** being full charge allows you to be your most energy self to keep yourself positive and fully mind.

Ever Evolving is to have continue your curiosity

A **Adventurous** feed your adventurous soul and push your boundaries often

Aligned with your goals and your values

L **Loyal** is to be loyal to your greatest expression of yourself to uncover the extraordinary you

Loving is to be loving to self and others. Love is the one this hold everything up. It I the most powerful force of all.

Exercise: Write down how you are showing up in each area of the R>E>A>L strategy and how you can be more aligned with being real in your day.

Be INSPIRED

Be Real, Be Inspirational & Follow Your Dreams

This means that you always do these things from you first so you be real you and be true to yourself, be inspirational to inspire yourself first don't worry about others because they may or may, not be inspired, it is only for you, so do what is right for you first. Always follow your dreams because as Napoleon Hill once said

“A goal is a dream with a deadline” - Napoleon Hill

- I** **Inspired** is to be excited and energised with spirit to do something, as if by supernatural divine influence.
- N** **Non-judgmental** is to be without judgment of self and others, this is done by being aware of the self-dialogue running in the background of your thoughts, it is the program that runs on autopilot that you catch first and then release it with non-judgment.
- S** **Success** is different to each and every one of us. The meaning of success is only what you believe according to you. What is the meaning of success for you? what is the favourable and prosperous termination of attempts

or endeavours; the accomplishment of one's goals for you look like? Is it the attainment of wealth, position, honours? The performance or achievement that is marked by success, is it a person or thing that has attainment of goals, wealth or simply the attainment of happiness. What it means for you is perfect.

- P Present** is being with one or others or in the specified or understood place: to be present is to be focus in once place for that moment. Being present is the best gift that anyone can give another. Giving your full and total presence in each moment.
- I Intentional** and informed, is to do on purpose, what is intended, a representation in the mind. Be **informed** is to be prepared with information and knowledge.
- R Respond** rather than react
- E Empathetic** is the physical identification with feelings and thoughts, or attitudes of other
- D Diverse** is to be of different kind, form or character. Diversity is to have various options and to attain this is to be flexible it the way you operate.

To be inspirational is to follow your path to make way for others to learn and grow. Each day is an opportunity to

learn and grow to inspire yourself, it does not matter about others it matters what is inspirational to you.

“There’s no need to be perfect to inspire. Inspire yourself and accept your imperfections.” -Linda McCall

Follow Your DREAMS

To follow your dreams, you need to have a good imagination. The ability to imagine you are the director of a movie called “My dream” you sit in the director’s chair. The people in your life currently are the actors and you are directing them all to create an amazing blockbuster so it is up to you to direct your actors to create the best movie ever made.

“All our dreams come true if we have the courage to pursue them”. Walt Disney

D **Decide** what’s important to you now & be committed to the **Direction** you choose. Make sure your direction sits well with you, if it does not, go back to your values, and limiting decisions there might be a part of you in conflict with that belief.

Q. What is important to me now? How do I direct my actors to ensure I get the best and most positive outcome? If you are not happy with the script how can you direct, you actors to get the best results.

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R **Reassure** yourself & **Reliable**. Reassuring those around you by being consistent and reliable in your delivery by doing what you said you were going to do even when you don't feel like it give that little bit extra for reassurance.

Q. How can you reassure the actors in your movie and yourself to keep on going even when things get tough and how can you do you so that your actors in your movie?

Are you reliable and do they trust you to give them the correct direction? If not, why not?

E **Emphasise** what is import to focus on. Emphasise key areas of focus for each week and each day even from moment to moment.

Q. What is your main key focus? How can you emphasise it so that every one of your actors is assisting you to create the best movie ever made?

A **Actionable steps** with actionable steps you can achieve more one action at a time & **Assess** your approach and if it is working and what is not working plan the actionable steps to change it.

Q. What are the actionable steps that need to be achieved?

M **Method based** is a procedure, technique, or way of doing something, especially in accordance with a definite plan. To make it **Measurable** is to accurately regulate and proportioned according to your needs for the future. Together it is a way to move toward your dreams using specific techniques that ensure a desired outcome.

Q. what are the procedure and techniques of your plan and is it accurately proportioned to receive the outcomes desired to make you best movie?

S **Simple, Strategies and Systems** follow these simple easy to use Strategies and systems and create you're own more aligned with your needs, if you can see a

better way to do something then create them for yourself.

Q. are you communicating your message simply and do you have a strategy and systems in place or do you need to create some to get the desired outcomes?

Remember; if your movie is not playing out the way you want it, it is not the actors you need to change it is the way you communicate your message to the actors in your movie to get them on board. It is the same in life If your life is not going the way you want it to go then change the way treat the people around you. if is not them you need to change no matter how they are. It is you that drives this movie, so it is up to you to change the plot address the issues and get it on track. This is just a process of flexing your imagination muscles to understand that as much as you complain about why you can't there is always a way you can.

Forget about changing others and just focus on changing yourself.

Change your mind and change your life. Be the driver not the passenger and start steering according to the conditions and create excellent results every time - Linda McCall

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Your Life's Purpose

(Audio 26) www.realinspireddreams.com

Where is this all leading?

Where have we come from and where are we going in this life?

Why are we here?

Questions you might have heard or even said yourself before.

So it's time to take up the question of your life's purpose.

As you may know some people never get to this stage in asking about their purpose. If they do, the quest is often hard. There is a process that makes it easy for a person to discover his or her purpose, by using their Personal Time Record....

Are you ready?

Let us proceed.....

Go to Your Life Purpose (Audio transcript)

Close your eyes and as we go on our journey today...

So now that you know the processes and now you can trust yourself. This is a new beginning for you to take the next step, you must be at one with the information and practices I have taught you so far. Review them and every time you do, you will notice tremendous gains.

Review in cycles, once a day for a week, then once a month for three months.

The **first review cycle** will bring you to the level of understanding the secrets of the universe ---the ability to tap into the universe and create anything you want in the material world.

The **second cycle** will allow you to become at one with yourself and with the world around you. During this cycle, you will find the spirituality you seek and the closeness with your world you experience around you.

The **third review cycle**, will bring you to the level of being able to affect the planet on a global level.

The fourth, will bring you to the vision state. This is where you may know what you want just by willing it.

And when you are ready, you may do another stage of training with me. Remember always have gratitude for what you experience every day knowing you are able to learn on so many levels and understand more about your purpose.

Many people take no action and complain that their universe is not the way they want it to be. Miracles do not appear out of nothing—you have to make them happen, even if you are at the first unconscious about the process. Now is the time for you to make miracles happen consciously.

As you know the focus of your thoughts makes a big difference in your results. Your focus is made up of the images or pictures you make in your head, the sounds you hear, the feelings you feel, while having a certain thought, the tastes and smells which are present and last but not least, our self-talk. Your commitment (for your own good) must be to direct your focus so that it is only on what you want and desire.

This is not to say that you should deny or avoid dealing with issues that annoy you. You should pay attention to what is going on inside, release all the unwanted negative patterns, take action and then focus on what you want. This means that you need to make a conscious choice at any given moment to focus your inner chatter, picture, sounds, feelings (and even your tastes and smells) in the direction of what you want. In other words you need to be aware of what thoughts run through your head every moment and choose which thoughts to avoid. Can you recollect with precision what thoughts you had five minutes ago? What about the pictures inside your head? Most people cannot remember.

Be aware that the energy behind your thoughts has changed very much as you have grown through this process and you have become a more powerful projector of energy. As of right now, there is a lot of energy behind your thoughts, you have a duty and a responsibility to concentrate and focus all this energy on what you want.

With Power Comes Responsibility

This is an all too well known saying and its true meaning has been lost. People tend to think that their first responsibility is toward others, when in fact the responsibility is first toward ourselves.

You can also focus on what you do not want, but be aware of the consequences. Bear in mind that you cannot blame anyone else as a matter of fact, if your life takes a turn which is less than pleasurable and happy.

One of the well-known facts is that anxiety is just a warning from your unconscious mind that you are not focusing on what you want. Keep in mind to focus on what you want. Remember, every thought you think constitutes a suggestion to the unconscious mind.

Also keep in mind that you are in charge of your thinking therefore you are in charge of your results. Is your life the way you want it? Perfect. Is your life less than the way you want it? Perfect? Why perfect? It is because, in both

cases, you are getting the results according to what you hold in your mind.

If everything goes well, it means you are doing what you are supposed to do, being what whom you are supposed to be, having what you are supposed to have according to what you hold in our mind. The result should be positive emotions.

Remember: where there is negative thinking let there be reflection to the positive.

Think of some negative thinking now that you may have and then write it out on the page. Then under it do the reflection to the positive.

Health & Happiness

(Audio 27) www.realinspireddreams.com

With all these tools at our disposal, why is it so difficult for many people to be happy? How is it possible to have so many troubles and problems that do not ever seem to stop?

Maybe we're not clear on what happiness really means. According to the latest thinking in Quantum disciplines, it seems that the universe is not automatically built for our happiness. It seems that we create our own happiness by creating order in our lives. By defining the goals we have in the future Time Record, we also define the streams of events happening in our future and so, we define the events to match our own wishes.

Controlling the way our minds think, allows us to control what happens to us, therefore herein lies the key to your personal happiness.

Think about this...

What gives you this control? Or,

When are people happy?

Whether you are aware of it or not, the reality is that you control the flow of events in your life. Now you may think: 'but I don't'. And we say 'yes you do. You're just not aware of it'. As you begin the process of controlling your future of your own choice (using your Personal Time

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Record) you will achieve your preferred order in your future.

Empowering yourself simply means having the knowledge and the willpower to break free from the limiting beliefs patterns, in which you spend so much of your life. In this book you have simple although extremely powerful tools to make this happen.

The most valuable tools of all time proved to be simple very simple yet only effective if you use them.

Giving Away Your Power

Every time you rely on something or somebody outside yourself for your sense of power and safety, you give up the control over your own life. Every time you look outside yourself for somebody or something else to provide you with love, success, time, money, health, freedom or anything else, you hand over your power. As soon as they don't provide it, you feel a sense of loss, setback and failure. You feel hurt and victimised.

Find everything you're yearning for inside you first. Do that by using the processes described in this book. You only need to take small steps at a time. But you need to begin now.

Emotions and Beliefs

A great proportion of your life is created by your emotions and beliefs, not by your reasoning. Let go of all

that limits you, let go of your negative emotions and beliefs, not by your reasoning. Let go of all that limits you let go of your negative emotions from the past, develop unlimited beliefs about yourself and your life will be transformed. Your true inner self is complete and whole. You don't experience it this way because you have been a prisoner of negative emotions and limiting beliefs which according to many ancient philosophies are just an illusion. The only true emotion is love!

Write down here all the things you are ready to let go of that limits you HERE: e.g "I now give myself permission to let go of....."

Be Careful What You Wish For

(Audio 29) www.realinspireddreams.com

The universe supports the reality of your beliefs absolutely. The universe will always deliver what you want. That's how the universe works. Just be careful what you ask for, because you will get it. If you don't know what you want, then you get whatever you get. If you don't ask for anything, don't complain when nothing new and good comes to you.

What You Believe Becomes Your Reality

When you believe you must struggle for what you want in life, the universe will bring about situations that represents struggle; when you believe you cannot experience love, the universe will give you exactly that—lack of love. If you are surrounded by a group of people who have a belief, that “life is hard” or even impossible to have everything you want or that only other people are really successful in life, or that “you are not really good enough”...all these beliefs are going to influence you and bit by bit, by accepting these restrictions you start making them into your reality.

But when you start to believe the universe will support that and will give you “unlimited” everything you want then you will receive what you want.

Focus on Creating Positive Things in Your Life

Once you're done letting go of what blocks you create for yourself, then focus on creating positive things in your life, things will change so be prepared for change.

Focusing on what can go wrong in your future is not the same as creating what you want. Unfortunately, this is a basic largely unconscious approach most people use to address "problems" today.

If your aim is to avoid an unwanted future, you are not using the creative powers inside you to create and what you want in your life. Avoiding the unwanted and creating desirable are two entirely different things, in theory, in practice and in results achieved. Removing poverty doesn't necessarily result in wealth. Fighting crime does not necessarily create a safe society. Battling illness does not necessarily bring about health. All good things must be created toward what you want and not only away from what you don't want.

The Secrets of Activating Your Future

Your Real Inspired Dreams begin and ends with you taking action toward your dream. You have no control over the stars, but surely you have absolute control over your Time Record. Make it work for you.

Remember – it is never too late to begin your road to freedom.

*“The future belongs to those who believe
in the beauty of their dreams.” Eleanor
Roosevelt*

4 Basic Survival Skills of Your Health

Our basic survival skills are our critical elements for human survival so it makes sense to go back and check if we are doing our best to incorporate them into our life.

Our bodies are just trying to communicate and give warning signals when something needs attention. We are meant to be able to heal ourselves and it might sound simple but often the simple things are the hardest things to put into practice. So it is nice to know that we can go back to the 4 basic survival skills hierarchies for help and I highly encourage you to do this on a regular basis.

The survival hierarchies' starts very simply with **Breath**, it is our number one basic survival skill, then comes **water**, **rest** and then **food**. Food is the last on the list for survival, however most of us make food the priority even before water. When we are out of balance, the body only needs simple things to function and it will suffer if these things are not met. Quite often these simple things are ignored and can cause disease in the body with symptoms of pain.

Pain is the body's way of giving us warnings, just like the dashboard of your car gives you red lights and warnings when you're out of fuel, water or oil and air in your tyres.

So often now we are programmed to get the pain killers rather than look at what's really going on. If you go back to your basic survival skills, you will find a lot of the time that it comes back down to breathe and water.

Our survival depends on our basic needs:

1. **Breath- 3-5 mins** this is about this length of time us human beings can survive without our basic skill of breath it is how we are on this planet living and breathing. Luckily for most of us we do it automatically but also we have gotten into a habit of breathing very fast and shallow, so the cells in our bodies are not being feed properly and cause problems with circulation and we literally starve the body of oxygen through breath which in turn will create stagnation in the body. When we sleep at night we hand over the functioning of the body to the unconscious mind to keep the body breathing, and functioning.
2. **Water-3 to 4 days**, without water the body function is very limited as we are made up of 60% to %75 water and hence are affected by Moons which effect tides which in turn affect our functioning of the body-mind Emotions spirit. Chronic Dehydration is the root of most disease in the body and must be carefully monitored. We lose a lot of fluid throughout the day and generally we only replace less than half due to lack of education of thinking that fluid is mostly water so it is ok.

However, the body only recognises pure water as water, the rest of the fluids are stored and proceed as food so the body needs to have pure water. We demand a lot from our bodies and the best way to get oxygen to the body is through breath and water to feed the cells that assist our muscles and blood to move around the body and keep us functioning normally.

3. **Rest 5-7 days** is our limit to staying alive without any rest, sleep that is our limit of staying awake, so our bodies will start to malfunction without good rest.
4. **Food 7 -9 days** is the limit to being able to stay alive without food as fuel. More and more today we confusing the body with processed foods and the body is not sure how to process the food through not being able to properly identify what it needs to do with it. If there is no nutrition in the food the body will often try to store it in the body as it thinks it will starve so it's storing for emergency your own survival. So giving the body food that is closest to the source unprocessed is always the best.

So in conclusion I would like to stress the importance of giving your body the best chance by going back to your basic survival skills when your health goes pear shaped.

Being aware of these basic skills and using them is the best way to keep your body healthy. When you are getting warning signs from your body then go back to

basics, rather than putting more toxins in the body with painkillers try breath and water first as these two vital elements of water and breath are transporting oxygen to all the cells in our bodies and also be patient and give your body the best chance by using the four survival skills and time to heal if in recovery.

You are your best practitioner and you do have the power to heal your body.

What to do next:

This part is your call to take action ...

1. Stay connected on our private facebook page and engage by sharing your real inspired dreams you are creating for the future. Follow the daily hashtags to prompt you for each day.
2. Accountability is big a great way to stay motivated so encourage others you may connect with on the course.
3. Use the tools and remember the more you use it the more you focus on what you want.

PLEASE NOTE: If you would like to do a one:one intensive ongoing Coaching Program or Hypnotherapy please contact Linda for a FREE consultation and qualification 0422334745.

See programs available at

www.yournewflightpath.com

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“Live life with love, laughter and passion and success and abundance will flow with ease. Cultivate growth each day with soul deep adventure driven experiences” – Linda McCall

The Brain & Gut Connection

What does Ghanghis Khan and Probiotics have in common?

The original fermented foods and cultured milk products goes so far back that it predates recorded history. Most Cultures foods start with milk, which people have been drinking since the dawn of time. The first evidence of the domestication of cows occurred in 9,000 BC in Libya, and while there are no written records that prove the ancients people ate yoghurt, the probability is high that they consumed cultured milk products of some sort. India's Ayurveda writings, dating back to 6,000BC indicate that regular consumption of milk lead to a healthy long life. In India the milk of almost every animal, from camels to yaks, continues to be made into cultured foods, including yoghurt cheese of which there are more than 700 varieties'.

Authorities believe that cultured foods first occurred naturally, probably from organisms present in the food or present in the environment. Because these foods are pleasant tasting it is likely that people learned to save a starter culture from a particularly good batch of yoghurt or cultured food. This starter was added to a bowl of fresh milk to introduce fermentation.

Written records confirm that the ancient people of the middle east ate yoghurt regularly. History records confirm that the conquering armies of Genghis Khan lived on this food. History tells us that by the year 1206, Genghis Khan had conquered all of the Mongolia and united warring tribes under his banner. By 1215, the Mongols held most of the Ch'in Empire and had vanquished Turkistan and Afghanistan. They even penetrated South Eastern Europe.

Highly mobile, the Mongols rode small, swift horses that were bred to traverse the vast plains of the Mongolian empire. Every Mongol's wealth was measured by the number of horses he owned, and each soldier travelled with large strings of them. These hardy horses were what helped make the army invincible. Not only did they carry soldiers into battle, they also provided rich milk (mare's milk) that was fermented and enjoyed by every member of the conquering hordes- from the Great Khan to the lowest slave.

Fermented mare's milk, known as **Kumiss**, this is one of the earliest known fermented products. Highly nutritious,

kumiss not only sustained the Mongols, it kept them healthy.

Kefir, another cultured product, originated in the Caucasus mountains of Russia. It is variously cultured from the milk of goats, sheep and cows. Its name translates loosely to 'pleasure' or 'good feeling'. Due to its health promoting properties, kefir was once considered a gift from the gods. Ever since the eighteenth century, kefir has been credited with healing powers. As early travellers to the Caucasus region come home with stories of its powerful healing properties, everyone wanted some of the medicinal miracle food. However, the necessary starter cultures, which were passed from generation to generation among Moslem Tribesmen of the Caucasus, were considered a very real source of family tribal wealth. The tribes guarded the secret process jealously and protected it with their very lives. It was very much a traded commodity.

Health begins within

The human body is a complex piece of engineering.

Often when seeing clients I will talk to them about the guts if I am getting feedback of systems of weak immune systems. I often mention that the gut is like the engine room, if it is not running smoothly then it affects the entire system of the body.

Many of the body's systems are self-policing, including your gastrointestinal tract, otherwise known in eastern

philosophy as the abdominal brain. It is also proven by scientific research the brain and the gut tissue is the same.

Your body works hard to keep you healthy.

Your immune system does not shoulder full responsibility for your state of health; its function is to take care of any “bad guys” that escape the attention of the friendly bacteria of your intestinal tract. Even before you realise you are not feeling well, these friendly bacteria are on the job.

Each good bacteria has a specific role to do in the colonies to keep the strong to protect the body against disease.

The bacteria called **Lactobacillus acidophilus** guard **your small intestine** while **Bifidobacterium** protect **your large intestine**. **Lactobacillus bulgaricus** (the bacteria found in yoghurt) is a **travelling transient bacteria** that aids the other two as it passes through your body. These three major guardian live and work inside your intestinal tract.

It is important to remember that antibiotics are engineered to kill bacteria. However, these drugs cannot tell the difference between the friendly bacteria that are essential to your health and dangerous bacteria that causes illness and disease.

Because so many bad bacteria have evolved into drug-resistant forms, that friendly colonies often suffer the

most casualties, when you lose too many members of these friendly colonies' your first line of defence against disease is weakened, leaving your body open to infection and disease.

To bring it all together, without our health we are limited, our health effects every part of our life. If we don't take command of our health we become weakened to our simple ability to survive.

Our body and mind is affected by so many elements of environment, quality or our basic survival (see 4 basic survival skills) and to manage the mind you must manage every area of the mind and body so that you are looking at every angle of the problem and to ensure an effective solution and the problem is resolved. Better still to not have the problem in the first place by good having good habits installed that enhance life as whole.

Our bodies are far more intelligent than we could ever imagine and just like computers we don't use them to their full capability. That in fact with a holistic approach to life we are looking at the information that your bodys mind is capable of giving you at different time, conscious and unconscious, if only we would listen.

Remember at the beginning of the book we talked about "What is NLP"?

Neuro Linguistic Programing is about the information we receive through the **Neuro** pathways, the nervous system (the mind), through which our experience is

processed, via five senses being what you see, hear, feel taste and smell into account. **Linguistic** being the interpreting language of non-verbal communication

system, through which our neural representations are coded, ordered and given meaning from our experiences as it is processed mind with each interpretation of our sensory acuity, of pictures, sounds, feelings tastes smells words (self-talk). And finally, **Programing** that of which is the ability to discover and utilise the programs or our communication to ourselves and others, in our neurological system to achieve our specific and desired outcomes.

NLP is the art and science of change through understanding the conscious and the unconscious mind. It is acceptance of infinite intelligence within us to affect positive change in our world. -Linda McCall

GRATITUDE

Always come from gratitude. Always be grateful for the things you have created so far in your life.

The practice of gratitude is to be mindful of where you are today and to focus your mind not on the big striving stuff but celebrating the small stuff.

It is so easy to get caught up in the rat race and forget to celebrate the everyday things that you take for granted. Without these little things life becomes lifeless.

Rather than spending time comparing yourself to your neighbour or wishing that you had something other than what you have now, take the time to be grateful for what you have now.

With this book take the time to practice the tools that you are given to enhance your life in each small positive step you take, change will take place and you embrace the past filled with learning and empower your future with your intentions and adventures to create true success.

Focus the Power of Intention

Each day create yourself a **#DailyFocus** it could be to micro focus on 3 things you must get done for the day or just start off with one to get into the habit.

So to help you with this I have created a daily focus on the Facebook page of Real Inspired Dreams. Goto <https://facebook.com/realinspireddreams.com>

Creating an intention for each day is choosing to be mindful about what you intend to come back to as your life plays out throughout the day. An intention is powerful when used daily e.g Today's Intention to learn from. You can choose a daily intention as soon as you open your eyes in the morning.

Have a notebook with you all the time, or if you prefer to use your notes in your smartphone, iPad or device you have on your person all day. I use my yoga teachings or the eight limbs of yoga as intentions.

<http://www.yogajournal.com/article/beginners/the-eight-limbs/>

Don't be concerned about the big words go deeper into the meaning of the words to get your focus or intention.

8 Pillars of Mindfulness

Read each one. Then over 8 days use each one as a focus for the week. Notice and write down in your diary how each day your day changed when you came back to this thought of mindfulness notice how you feel and notice what your auto response is before you consciously focus on the one pillar of mindfulness. This process is inspired by Tammy Williams of NRG Yoga. www.yogaNRG.com Tammy runs Mindfulness courses throughout the year around Australia.

1. **A BEGINNERS MIND:** Present moment awareness is the richness of life itself. Bringing a beginners mind to all Experiences: That is a mind that is willing to see everything as if for the first time.
2. **NON-JUDGING:** Cultivating a sense of impartial witness to your own experience. This does not mean not to judge it is to be

aware of the constant stream of judging and reacting to inner and outer experience that we normally get caught up in & more importantly recognising that, and learning how to step back from it.

3. **NON-STRIVING:** Allowing everything we experience from moment to moment to be here, because it already is. Regular meditation, giving yourself time to ‘Practice’ letting things be as they are the vehicle to reach your goals naturally. This does not mean not to have goals this means to be mindful of each moment you are in. giving each moment your full attention as best as you can rather than losing your “presence” due to being side tracked by the expected outcome.
4. **TRUST:** Developing a basic trust in yourself and your feelings. Trust your intuition even if you make mistakes, than always looking outside of yourself for guidance. Not denying the importance of being open and receptive to what your can learn from other

sources. In being "mindful" you are taking responsibility for being yourself and learning to listen and trust your own being.

5. **ACCEPTANCE:** We often spend a lot of time and energy denying and resisting WHAT IS ALREADY HERE. Acceptance does not mean that you have to agree and like everything as it is or that you have to abandon your principles and values. It means taking every moment as it comes to cultivate acceptance rather than trying to impose our ideas of how things 'should be'.
6. **LETTING GO:** Put aside your tendencies to hold on to things, i.e attachment.
7. **PATIENCE:** Patience is a form of wisdom. It demonstrates that we understand and accept that sometimes things must unfold in their own time. In this we cultivate patience toward our own mind & body when practicing mindfulness. This means giving

yourself room and permission to experience all experiences (pleasant and unpleasant).

- 8. A SENSE OF HUMOUR:** Do not take yourself so seriously, especially not your thoughts.

“The greatest gift we can give one another is to be full present with them” NRG Yoga

You're invited to join us:

Twitter handle is @Lindaamccall
www.twitter.com/lindaamccall

Real inspired Dreams Facebook community
www.facebook.com/realinspireddreams

There is also a **Real Inspired Dreams Private Facebook** page, where those of you have done my workshops and training can interact and me ask questions and support each other.

I post blogs on **LinkedIn** – If you don't already have a linked in profile make that a “must do” request to hook with my profile, I will gladly accept.

Photos **Instagram** **Real Inspired Dreams**.

Come and join us!

Join in and share each **#DailyFocus** to stay on track and create momentum. You will soon get into the habit of creating your own, but you always have one there if you need it.

www.realinspireddreams.com

Referance

Book "Secrets to Creating Your Future" Tad James Co.

Natasha Trenev the book- probiotics Natures internal healers-Your body's first line of defence against most common disease.

Bruce Lipton - Biology of the mind.

Candice Pert - molecules of happiness

Tammy Williams -NRG Yoga