

Your Wake-up Call.....

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- 1- Come Alive!**
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COME ALIVE!

STRETCH YOURSELF AND LIVE LIFE!

BORING - MUNDANE - NON EXCITING - DULL - DRAB.. ...

That is the way 80% of Westerners describe their lives ... and another 10% won't admit it. Less than an estimated 10% of our citizens consider their lifestyle acceptable and pleasant. That is - only one in ten people are satisfied with their lot in life. Some consider it exciting - others merely consider it as non-boring!

And what is it that causes this 10% of the population personal satisfaction?

Simplethey are prepared to live outside their own personal comfort zone. If you do NOTHING to stretch your talents, thinking patterns, knowledge, experience, and inter-action with others, you are living INSIDE your own comfort zone. You are living on your own personal Island....welcome to boredom!!

But, if you are prepared to push yourself slightly, life takes on a new meaning. Take the true example of a lady whose husband died and left her all alone in the world. Her kids were grown up and were involved in their own life. She had made few outside friends as she had been totally involved in her husbands work.

For three years she virtually did nothing socially but suddenly she "flicked" into a different mind-state. She joined a dance club and an up-market singles organization. Now, 12 months later, she is an excellent dancer and is also secretary of the singles club. But most importantly, she is enjoying the life that used to pass her by. She pushed herself outside the security of her personal comfort zone - she took the first step to a better life!

The simplest way to "break out" is to join a club - any club - but obviously one that appeals to you. Clubs are basically groups of like-minded people who do things that they would not do if left to their own devices.

Make sense?? Virtually all clubs have a couple of dynamic members who DO things. Quite often these are the same people who initially formed the club. These people "push" others along with their enthusiasm. The net result is that you do things you wouldn't normally do. If you don't want to join a group like this but you want to extend yourself personally, then the simplest way is to set a few personal goals which push you outside your aura of comfort.

For example, if you feel uncomfortable driving your car in heavy traffic and big cities, take a few days off and do just that! Push yourself.

If you are a shy, nervous type and want to gain massive dollops of self confidence very quickly - take a hot-air balloon ride, or approach a rappelling club for a trial rope descent down a 20ft cliff face, or take a ride on the back of a commercial Harley Davidson motor bike, or take a helicopter flight, or, if you're really daring do a tandem parachute jump.

Some of these ideas might sound a bit radical (or maybe a bit tame!) but if you've never been involved in anything like this before it will give you such a giant "buzz" you will remember it for years.. AND you will feel really good about yourself.

Let me give you a personal example of what I mean:

Many years ago I did a trading/exchange deal which left me with a number of small lower priced items, one of which was a fairly old jet ski.

Now I was NOT a good swimmer and felt very nervous if I got out of my depth in water, so the idea of falling off the ski in 20ft of water was somewhat daunting. However I donned the life-jacket and started the engine. I was decidedly nervous, not about the ski, but about the water.

After a couple of weeks it suddenly dawned on me that I was not only staying upright on the machine (it was one of those stand-up models) without any fear but I had occasionally forgotten to put my life jacket on!

In view of the fact I was being "dumped" in the water regularly I was rather amazed that my fear had been so easily overcome! And the funny thing was I didn't notice it happening - it sort of crept up subconsciously!

Shortly after that I took up scuba diving - something I'd always been keen on but my nervousness of the water deterred me.

Seeing I've mentioned all this, I may as well tell you about another experience I had many, many years ago. I'd always had this urge to do a parachute jump, and because my parents were dead against, I went ahead and did it! And, it was so totally amazing that skydiving became my weekend relaxation for nearly 10 years. Which is even more surprising - because I was terrified of heights. Let me just say that with skydiving there is virtually NO sensation of height or falling - the overall sensation is one of floating! (And you can't drown!)

These are classic examples of facing your fears step by step.

What I'm saying is that if you want to improve your satisfaction in life, tackle those things you wouldn't normally do! You don't have to go "overboard" - just tackle things slowly and deliberately. Each achievement, no matter how minor, will give you an inner glow of satisfaction. If you don't continually step outside your security zone, things will become mundane! And the interesting thing is that as you join into an increasing number of outside activities, you will meet more and more like minded people - who will carry you along with their enthusiasm.

Be aware though, that when you intentionally embark on "pushing" your comfort zone, you will receive quite a lot of implied criticism from well meaning - but boring - friends.

You may have to leave them behind as you develop a new range of contacts!

It is a fact that your immediate circle of friends are probably all inside your current comfort zone.

New, as yet undiscovered friends.... are not! So, push yourself to look for them.

Once you start on this course of action, it's a lot easier than it looks!

See you at the next national skydiving champs!

HOW TO HAVE A FANTASTIC DAY... every day!!

This is a short compilation of lateral style affirmations.....the idea is to print a copy and read it every morning just after you wake up.

What are your first thoughts in the morning - the very first thoughts that go thru your mind as you come awake?

They are likely to be either positive...or negative!

If they're positive about the coming day they will be along the line of....

"Wow.....another glorious day.....I can't wait to get into it!

OR....

If they're negative they'll go like this.....

Oh boy! Here we go again! Why did I have to wake up? Look at all the garbage I've got to get thru today...what a bore. How long can I stay in bed before I have to get up? Etc...etc.

If this negativity fills your thoughts....congratulations...you'll be among 95% of the population who wake up feeling the same way.

So...what can be done about it?

That's easy! As you're waking up you are passing thru a light alpha semi-hypnotic stage and your mind is highly susceptible to suggestion.

Any serious mind-set that you adopt at this critical time.....is likely to set the tone of your day...and stay with you all day.

If, immediately upon waking, you fill your mind with positively charged thoughts, your mind-set is likely to remain positive all day long.

The following material is simple and easy to read. It will make the day look more acceptable....even challenging!

Read these inspirations every morning just after you wake up....NOT 5 minutes later, but IMMEDIATELY you awaken. While you are in a sleepy state, your subconscious mind will accept the following suggestive concepts much more readily...and ACT on them!

STRENGTH

Dawn is when your vitality surges! If you really want to vitalize yourself...walk at dawn! The forest - the beach - the country. Some isolated place where you can breath and think clearly. Absorb the peace and serenity while you're burning off calories and toning your system. You'll feel better mentally and physically.

SERENITY

During the course of the day take segments of time to slow your thoughts. Avoid doing things at triple speed to suit someone else's time schedule. Never let yourself be rushed - correct decisions are difficult under pressure. Develop an effortless lifestyle and mode of operation. You'll be far more relaxed and happier - and you'll probably achieve a lot more.

FREEDOM

True freedom is where you feel in control - and get out of bed in the morning raring to go. True freedom is when others have stopped trying to manipulate you. True freedom is the ultimate human experience....but until you have experienced a lack of freedom you can't really appreciate it. True freedom is the ability to manipulate your own life ...the way you want it. If you haven't got it....then work toward it!

CHALLENGE

Constantly stress your own personal comfort zone - or you will become stale. Do things that make you think...and that make your heart beat faster. Push yourself to do things that you've always wanted to do. Plan it! Make a project of it! Give yourself a time-limit for achieving it.

A challenge has to be believed in and followed thru to its successful conclusion. The personal satisfaction gained from achieving even the simplest goal will be a reward in itself.

THE WAVE-EFFECT

Watch a surfer riding a wave - it looks effortless. Now watch another surfer trying to catch a wave - either too soon or too late. They expend a massive amount of energy to attain any form of result.

Opportunities are like this. If you catch the right opportunity at the right time - you have a fairly effortless ride. All you have to do is "keep your balance". If you approach an opportunity with common sense and commercial reality the chances of success are greatly enhanced.

But the "wave-effect" takes practice. Every time you get caught off balance....try again until you succeed. Learning from your failures will eventually lead to your success. Watch for those wave-effect opportunities. When one appears..catch it and ride it carefully.

NEGATIVITY

If you have people around you who are perpetually negative....gently ease them out of your existence. It is difficult enough to get ahead without handicapping yourself. You are basically a product of your environment...and the easiest way to change this is to change the influences of your current environment. If you're not happy with the mental input you are receivingchange the transmitting source!

For your own well-being, you will have to make firm definite decisions about the type of people you really need in your life. And to succeed and become free....you will have to stand by those decisions. When it comes to friends and associates it is a fact of life that quality is better than quantity!

RESTRICTIONS

Unless you're in an institution you have very few real restrictions. Most of our restrictions and limitations are those that we place on ourselves. A restriction is the assumption that a certain course of action must be maintained. If you stop and analyze your assumptions, you will quite often find that there are alternative courses of action which are more satisfying and applicable.

If you really think things thru you will probably conclude that most of your restrictions are imposed by your own subconscious mind-set. Are they real.....or have they formed thru habit and indifference?

MENTAL RESONANCE

There is an important mechanical/acoustical/electrical effect called resonance. If you tap an empty wineglass with a pencil it "rings" at its natural resonant frequency. It requires a lot more energy to make it ring at any other pitch.

The mind works in a similar way. If you become involved with an occupation or activity that "pleases" your mind, it will slip into a "resonant" mode and very little mental energy is required to achieve results.

Alternatively if you are doing something you don't like, massive amounts of mental energy are sometimes expended to achieve even mediocre results. If your waking activities are done in a state of mental resonance you are in harmony with your environment and your lifestyle will reflect this.

If you can achieve this state of mental resonance in your everyday affairs....you will quickly attain almost total freedom from stress and anxiety...and have energy to "burn" at the end of the day!

DESIRE

If you have a burning desire in life....a total obsession.....something which occupies your thoughts virtually every waking hour...then you will be working in a "mental resonance" mode. You are at a mental peak and life will take on a new slant. You are focused! Your yearnings are centered.

Find something to get obsessed with. Figure out what interests you the most and get involved....100% !!! When you do this the world will look different.....it will look more interesting. Your life will develop a new meaning.....because.....you have a mission and a purpose!

BELIEFS

Your current mind-set has evolved from.....all of the things that you have ever believed in! If you carefully analyze each and every major belief that you currently have...you will probably conclude that some of them are totally without foundation! These are.....beliefs without a reality foundation!

Isn't it time you....cleaned out the garbage? Some of these beliefs may have been installed in childhood....or by peer groups. In fact....they may not be your beliefs at all! They may be someone else's beliefs...that you have accepted and adopted. Do what you feel and believe in.....not what peer groups do and expect!

Start today!!!

PROBLEMS

There is one certain way to mask a problem.....create a bigger one!

Many people go thru life doing exactly this...but the original problem still remains.

If you have a problem.....face it!!!

Start an action-plan to solve it. The fact that you are doing something will release some of your built up tension and concern.....and the deeper you delve into the problem...the more it will fall apart. If possible, break the problem into its individual parts and attack each part separately. It may even transpire that the real problem was not exactly what you thought it was! You won't know.....until you face it!!

The idea of reading these inspirations each morning while you're still in an alpha state is to slowly impinge them upon your subconscious....where they will take hold and become part of your personal philosophy.

Alternatively you can record them onto a cassette and play it each morning just after you wake up. You will probably find that this produces better results as you will be able to maintain your sleepy alpha state without having to focus and concentrate on written words.

You will probably notice a difference within a few days....and within 2-3 weeks you just might find that the world looks more interesting....and less stressful!

GROUND ZERO

A Breath Of Fresh Air

Have you ever watched a child grow through its formative period from 2-5 years of age? When the child first awakens in the morning it feels a sense of magic and wonderment in the air. Everything is larger than life to a young child. Every fresh awakening promises new joys....new hopes....new wonders....and new fascinations. To a toddler, each new day brings the promise of magic!

Until they enter the schooling system. Where over a period of 12 years or so they are taught the basic survival requirements of the society in which they live.....and.....existing knowledge! Near the end of their schooling they are given exams and if they have absorbed enough conventional existing knowledge ...they pass! They emerge from the schooling system with little idea of how to create new concepts.

It is comparable to the situation of a baker making bread. The dough mixture is malleable, flexible and easily molded.....just like a child's mind. The dough is kneaded and placed in bread moulds..then cooked. Every loaf that emerges from the oven has the same shape..the same texture....the same smell...the same consistency....and the same end purpose in it's life. Sounds like the schooling process....doesn't it?

Creativity, originality and uniqueness are not part of our learning system.....we lost those abilities as a child. But....we can recapture them.....by intentionally exposing ourselves to fresh, exciting new concepts. The human mind was designed to be creative.....but our mundane, mind-numbing upbringing suppresses this creativity and causes frustration and unhappiness.

Watch a young child awaken in the morning. They stretch...take a deep breath of fresh air...and open their eyes...to an exciting world of magical happenings. How long since YOU took a breath of fresh air ??? Where are you in life at the moment? Maybe things have gone well for you in the past.....but maybe now they've lost their "fizz". Maybe you've been "burnt" so much with the passage of life that your emotions have gone numb. Or perhaps things have just gone "stale" because there are no new challenges. Or perhaps the people in your environment are negative....and it's rubbing off on you. It might even be that things have come unstuck and you're back at square one. Perhaps some of the decisions you made in the past have proven to be wrong and you're regretting some of the things you have done in the past.

If so...there is one very important thing to remember.....

...when you were born you did not come with an instruction manual.

You were dumped on this planet and shoved through the schooling system. Then.....you were left on your own. And you are not alone. There are hundreds of thousands just like you.

If you find yourself currently in a position you'd rather not be in...there is only one mindset you can adopt. You must realize that everything that has happened to you up to now....has been your learning curve. If you grab a piece of paper and draw a straight line in the middle of the page...from the left hand edge to the right hand edge...then everything that has happened to you up to now is below that line. Your future is above that line.

The decisions you make right now will affect that space above the horizontal line. Any serious decision you make in the next 24 hours may well have repercussions years from now. So any important lifestyle decision must be made in a clear state of mind...without confusion and without mental conflict.

If you are unhappy about life at the moment..there is a simple ...but extraordinarily effective process you can evoke to improve things...out of sight!

The process is called.....GROUND ZERO.

Make a list of all the things you are currently doing which create your current lifestyle. Then ruthlessly divide these items into two groups. The first group will contain all those basic items which are necessary for your existence on the planet. The second group will contain the items which are superfluous to this existence. Look very carefully at this second group and mentally cut out items that are really not necessary in your life. If you have trouble with this consider how your life would change radically if you felt sudden heart pains...and after visiting a specialist were told that you had an incurable disease and had only 6-8 weeks to live.

You would place a different priority on things...wouldn't you? The point of all this is to analyze what is really necessary in your life...then cut out all those items which are holding you back emotionally and financially.

It is an indisputable fact that each and every human being....at any one point in time..... is either doing that which makes them the happiest....or that which makes them the least unhappy. And most people are involved in the second item.....doing things which make them the least unhappy.

Which one describes you the best at the moment?

If you analyze your lists very carefully....you might recognize the items that are causing emotional baggage in your life. That is...items that have become a habit in your life but have no real foundation in logical reality. Ask yourself why you do some of the things you do. Were you pressured to do them by someone else....and have they since become a pointless habit? Did they seem like a good idea at the time.....but have now become a burden. Question yourself....be brutal!

It is your life...you only have one of it.....you deserve to experience profound happiness and peace-of-mind. And these mental states come from within...very seldom from outside. If these desirable states aren't currently part of your make-up....then it may be that you are carrying too much excess emotional baggage and your priorities in your every-day life are confused.

What can you do about it? Better still...what do you intend to do about it? Are you seriously unhappy with the way things are? Do you want a change?

If so...the change must come from within. You have gone through your learning curve in life...you have made your serious mistakes. These are all below the line on your piece of paper.

The rest of your life is.....above the line.

Start off today...do something different. Do something you would not normally consider doing. Something different. Any little thing. Surprise yourself! Look for the magic in life.....see things as little children see them....

Take a breath of fresh air.....the rest of your life is...yours!!