

# LIFE COACHING PROGRAM – PRE STUDY \_reading assignment 1

**“Whatever the mind can conceive and believe - it can achieve.” Napoleon Hill**

## Introduction

Well done on taking on the first step towards transforming your life! Reading this document will lay the foundation for the work we will do together. It will also provide you with deeper insight as to what my life coaching program is about. You will gain very helpful and powerful knowledge if applied. For now, enjoy the read. I will enable you to apply this and much more to your life through my life coaching program.

We are witnessing times of big transformation of our civilization. We can now share the knowledge much faster than ever before. Part of the knowledge I will pass on you has been around for many years, but attained only by the privileged few who desired it the most. I will also share the latest discoveries in neural-science, where I will teach you about your mind, the most powerful creation known to us. You will learn how to harness its power and how to use it to achieve your dreams, being that more money, more love, more happiness, more health or all of it together.

This reading offers you the combination of old studies, where you were asked to accept certain concepts, based on the author’s beliefs, studies of successful people, etc... and the cutting edge science that supports and explains these theories in detail, making it very believable for natural sceptics.

My aim with this writing is make you aware that you can start living the life **you always wanted**. I want you to know that you already have ALL that it takes, to live an extraordinary life, whatever that means to you. Just finish this reading, and I’ll show you how and why. This is not one of those RAH, RAH motivational speeches, or teaching of a new religion, or a marketing money making scheme. This reading is educational, and it has to do with you, your powerful mind, your body, and scientifically proven facts.

## What are you made of?

You are made of the exact same things as stars are made of – hydrogen, oxygen, nitrogen and carbon. You can downsize your body into the following:



- Nervous System / Vascular System / Muscular System
- Organs: Brain / Lungs / Stomach / Skin
- Tissues
- Cells
- Molecules
- Atoms
- Subatomic Particles
- Protons and Electrons
- Neurons, Gluons, Quarks and Mesons (Electromagnetic vibration waves of light called QUANTA)

Most people can remember what we were taught at school and are familiar with Atoms. Science has proven there is more and it really is only energy. And that means that every single cell of your body is made of light, made of energy. Ultimately **you are made of energy**.

## Your Physical Senses

From when we can remember we have been taught to rely and use our 5 physical senses. We see, hear, smell, taste and touch. Even though our experience of any one of these can be very overwhelming and intense they are actually very limited in nature. We can smell, but there is so much more to smell – ask dogs! They can smell so much more than we can! Yes, we can see, but there is so much more to see that we can’t! We have special devices today that can see so much more, proving us that our vision is very limited.

See below image and make a mental note of our visual limitation.

Radio	Microwave	Infrared	Visible	Ultraviolet	X Ray	Gamma ray
Invisible				Invisible		
Low Frequency				High Frequency		
Low Energy				High Energy		

### Your Powerful Brain

- 98% of our knowledge about the human brain has been learned in last 8 years! -
- 80% of everything that scientists knew about brain by 1990 is proven to be false today!

Now this is when I need you to think and comprehend the following facts. If this doesn't get you excited, I am not sure what ever will... New technologies and devices have made it achievable for researchers to continue beyond what we ever thought possible. Our knowledge is continually expanding, changing our perceptions and greatly influencing the possibilities medically.

In my view, the most significant discovery post 1990 is that our brains are not hard wired. Thanks to modern science we can now monitor brain activity and so establish which part of the brain is responsible for what functions. This is how it was established that our brain is not hard wired! It can create new neural - pathways, retract the old ones, etc. This is called brain plasticity. We also learned that our thoughts are physical! They are bioelectrical and biochemical impulses and better yet, they are the most potent energy known to us!

Brain research facts:

- When 10% dehydrated – it's **50% less efficient!!!**
- It has 160,000 kilometres of blood vessels
- It is always on – it never rests throughout your whole life
- One brain cell is more complexly wired than whole telephone network in the world
- We were not born hard-wired!
- 100 Billion neurons – as many stars are in the Milky Way
- **Genius ability in every one of us**
- Capable of 10.000 Trillion operations per second
- We are limitless in capacity to learn and grow fast!
- **At least 1000 times faster than the fastest supercomputer in the world**



This is how I would like you to imagine the vast power of your unconscious mind: imagine that the top part of the iceberg, the part above the water represents your conscious mind and the rest is your Unconscious mind.

It's also represents nicely how we are limited to see the bigger picture. Did you ever see an iceberg and even bother thinking about its size under the water? We are so a conditioned to settle for what we can see...

## The Unconscious Mind

Facts / Prime directives of The Unconscious Mind:

- Forms 83% of our brain mass
- Controls 97% of our perception and behaviour
- Averages 10 billion actions per second!!!
- **Is symbolic - uses pictures and patterns**
- Its impulses travel at more than 160 000 km/s
- It can't distinguish reality from what is imagined
- It accepts everything to be true
- It works in an orderly manner
- It stores memories using the Time Line (it uses time line to store memories sequentially, so you can know the difference in time between the events that have happened last month, five years ago, 10 years ago, etc...)
- It's the domain of emotions -Represses memories with unresolved negative emotion!
- Presents repressed memories for resolution
- Runs the body (has a blueprint of body now, and of perfect health)
- **Preserves the body** (maintain the integrity of the body)
- Is a highly moral being (the morality you were taught and accepted)
- Works on the principle of least effort (path of least resistance)
- Does not process negatives directly
- Maintains instincts and generate habits
- Needs repetition until a habit is installed
- Is programmed to continually seek more and more
- Functions best as a whole integrated unit
- Takes everything personally (the basis of Perception is Projection)

Your Unconscious Mind is for you and your body what an operating system is for your computer. It runs everything, it stores your memories, beliefs and habits, regenerates cells in your body, it runs your heart, sending blood through your veins, controls the immune system. It really runs everything in your life. It controls over 96% of your behaviour!!! And you think that you are in charge for your decisions and the life you live in!? Well, you could be and you will be if you want it enough.

## How the Unconscious Mind works

After you are done reading this, you will know exactly how your Unconscious Mind works, the most magnificent part of our body that we all get born with. The ideas that have been fixed in your Unconscious mind through education, repetition or impact, form your conditioning. Your hidden self-image resides here. Your thought process, the thoughts that you have during the day are governed by your belief system and your values.

Your **Belief system**, what you believe to be the TRUTH, is a network of neurological pathways. If you believe that the black colour is red is truly red, it's only because you were taught and accepted this, somewhere in your past. We inherit beliefs, they get imprinted on us, and we develop our own, based on our experiences in the past.

Then even deeper in your unconscious mind, we have **Values**. We almost never even think about our values, and we developed most of them in our childhood. Later in life, we hardly ever change them. But this is the core of our perception, this is what will decide how and on what we spend our time on, this is where we prioritize our time, this is how we know what is good or bad, all our moral values are there.

Our belief system and values are what we refer to as our **conditioned mind**. This is where most of the action happens throughout the day. This is what determines your thoughts and your perception of the world, your attitude, and your actions! This is what will drive your focus, which will produce the thinking patterns, which will produce a certain behaviour, which will determine your results.

## HOW WE GET RESULTS IN LIFE

Values + Beliefs ⇒ Focus ⇒ Thinking ⇒ Behaviour = Results

The unconscious mind functions in every cell of your body. Any thought you consciously choose to impress upon it, **must** be accepted and expressed through you... Your unconscious mind has no ability to reject thoughts, so what you think easily becomes part of your beliefs.

The unconscious mind expresses itself through you in **feelings** and **actions**. Any thought you consciously choose to impress upon the unconscious over and over becomes fixed in this part of your personality. Fixed ideas will then continue to express themselves without **any conscious assistance**, until they are replaced. Fixed ideas are known as habits and the collective habits are referred to as the "conditioned mind."

The Unconscious mind is frequently referred to as the spiritual side of your personality or the universal mind. The Unconscious mind knows **no limits - it only accepts those you consciously choose**. It looks for patterns and images in our "outside world" that match our "inside world". Information that doesn't match up **gets dropped**.

If I was to show you some object that you have never seen before, you would have no idea what the object is. But the moment I explain it to you, giving that object some purpose, or description that you understand, your brain would literally create a new neural-pathway storing that knowledge for future access. When faced with that object again you would be able to identify it quickly as you access that neural-pathway containing the description.

Initially new neural-pathways are "weak and fragile". The more you reinforce your learning they become more dominant and will form a firm belief. You always choose the most dominant belief when faced with conflicting beliefs. If you could learn to constantly reinforce your desired beliefs, they would grow and connect with other pathways and eventually become a dominant belief which will once again, dictate your perception and behaviour.

### Reticular Activation System (RAS)

Your senses process approximately 2 million bits per second of information. Your RAS (Reticular activation system) processes that information by distorting, deleting and generalising it down to 134 bits per second. It forms part of your unconscious mind and functions up to 800 times faster than your conscious mind. Literally every sensory impulses received will go through it first, where it decides whether the information received is important to you or not. In other words, it will pass on the information received to your conscious mind **ONLY**, if information received is on your priority list.

For example, if the impulse received is a sound of an alarm siren, it will quickly prioritise it for you, passing this information to your conscious mind, grabbing your attention regardless of what you were busy with at that time. This happens because the alarm sound is on your priority list, as a result of your mind being conditioned to act when hearing a siren.

This means that you need to learn to upload what is really important to you to your RAS. This is exactly why when you concentrate much of your attention on problems, like debt, all your RAS can bring to your attention is more of what you have stressed as important to it. **If you worry about debt constantly**, it will impress itself to your priority list and your RAS will do whatever it can, to bring more of it to your attention. It will see debt as a priority as you were focusing so much on it.

Remember, its job is to find in the outside world everything that **matches to your inside world**. For this reason we need to order our inside world's first, so that we are able to see it in our physical, outside world.

## Psycho-Cybernetic Mechanism

Before I explain the Psycho-Cybernetic Mechanism, let me first explain the Cybernetic Mechanism that we find in machines and some animals. This mechanism is simply, a control and response mechanism. We use it everywhere today, in our air conditioners, auto-pilots, etc.

**Cybernetic Mechanism** is designed to monitor a certain parameters and take corrective action to correct any deviation. Air conditioners now have climate control and are able to maintain a set temperature by adjusting the settings of the air conditioner to compensate for any other influences that affect the temperature. The air conditioner will activate and deactivate to maintain the set temperature because of the cybernetic mechanism. Auto-pilot technology in aircraft, also make use of cybernetic mechanisms.

**Psycho-Cybernetic Mechanism** monitors what we refer to as your comfort zone. Psycho-Cybernetic Mechanism is in charge to keep you in your comfort zone, no matter how badly you want to change. When it picks up any deviation from your comfort zone it sends feedback to your nervous system which then tries to “correct” the deviation by creating emotional stimulus to bring you back into your comfort zone.

A sales person who works on a commission based salary can decide to earn double than what he did a previous month. Logically it would require longer working hours, twice as many calls and probably some other sacrifices, In return, after a week or so, his income would be higher in comparison to the previous month’s first week.

At this point his Psycho-Cybernetic Mechanism would kick in and send neural-transmitters to cause doubts, fear and anxiety. It will cause him to rationalize things. Please bear in mind, this happens automatically and so fast that you have no idea that it’s happening at all. It will start justifying old behaviour, you might find perfectly reasonable taking a break since you have worked so hard, it will literally find dozen of excuses for why you should relax a bit and slow down – bringing you back to your old comfort zone, regardless of you being absolutely miserable there or not.

This is a very critical point. Without resetting this system – **nothing will change!** This system causes you to behave in a certain way, day in and day out; it causes you to perceive everything that is in alignment with your beliefs, current comfort zone. I certainly hope that I got you excited and that you want to know how to reset your Psycho-Cybernetic Mechanism! Here is the first step:

You need to start playing with your mind. You need to start visualizing the desired outcome in **present tense**. By playing that mental movie, imagining as it is happening right now, you will start the resetting process of your Psycho-Cybernetic Mechanism and your Reticular Activation System at the same time. Remember that the Unconscious mind doesn’t know the difference between reality and the imagination.

The visualization process will get your Psycho-Cybernetic Mechanism to see that movie as a reality, adopting it as something already experienced, and so becoming more comfortable with that new image. This will eliminate the trigger that will kick start the process of bringing you back to your comfort zone as you are basically expanding the boundaries of your comfort zone.

At the same time, repetition of seeing that movie in your mind will clearly indicate your vast interest in the subject and your Reticular Activation System will do everything in its power to lead you towards it, bringing to your conscious attention any person or opportunity that could take you to that desired destination. Amazing, right? Consider this as a first step towards achieving your goals. I’ll add more to it when we get to the neural-reconditioning part of this guide.

## What is your Conscious Mind?

- Controls only 2 – 4% of actual perceptions and behaviour.
- This is the part of you that thinks and reasons. Your free will lies here. This is the part of your mind that will decide the changes required to live the type of life you want to experience. The conscious mind can accept or reject any idea.
- Conscious impulses travel at 200-225 kms
- The thoughts you consistently choose and impress from your conscious mind to your Unconscious mind will determine the results in your life.
- Sets goals...Judges Results
- Time-Bound Past and Future
- Limited Processing Capability
- Short-term memory (approximately 20 seconds)
- 1-3 events at a time
- Can process an average up to 2,000 bits of information/second

When comparing the functions and abilities of the conscious mind to the unconscious mind it is easy to see that real lasting change occurs in the unconscious mind.

The chart below displays how much information your 5 senses can process and how only a small portion of all that information can possibly reach your conscious mind. This is why we say that there is so much more to see and hear than what is available to you consciously.

Sensory System	Total Bandwidth Bits/sec (what our sensors can process)	Conscious Bandwidth Bits/sec (what can reach your conscious)
Visual	10.000.000	40 – 2000
Auditory	100.000	30 – 500
Touch	1.000.000	5 – 250
Taste	1.000	1-10
Smell	100.000	1-10

**This is just enough to get you thinking... there is much more to learn and apply in my life coaching program...**

I certainly hope that I got you excited and that you want to know how to reset your Psycho-Cybernetic Mechanism and your Reticular Activation System. You can take control over your own life. Start getting the results that you desire now.

Remember that you are consciously responsible for ONLY for 3% of your perceptions and behaviour. And that is what is causing your actions, creating results in your life. You could be trying your absolute best, working HARD at something, and it simply won't matter, as that would be only 3% of your total actions and perceptions. That is why we are all stuck where we are, no matter how much we want to change.

Unless you learn to reset these wonderful systems in your mind, and get them to work for you, nothing will ever change. You'll keep doing what you always did, and you'll always get what you've always been getting! – Regardless of how badly you want that change consciously. That is like living in a jail without consciously knowing that you are in one!

## Negative Emotions

...Extract only... There is another important role that emotions play in our lives, from the health perspective! Positive emotions are great for your body, think about it! What happens when you are experiencing any positive excitement, any form of happiness? Your whole body goes to that state, the moment your unconscious mind starts processing them. Every cell of your body will start dancing and glowing, and you'll have huge amount of energy, flowing through your body.

And you knew this, but what most people are not aware of though, is that Negative Emotions are not good for the body. In fact, they are the biggest CAUSE of all dreadful diseases!!! All dark and degenerative diseases are caused by either a significant emotional event, or by piled up unprocessed negative emotions. Five major negative emotions are Anger, Sadness, Fear, hurt and Guilt. Your mind will keep them on your "time Line", until it gets some sort of learning's, some sort of resolution on these events.

We were never taught how to let go of them properly. We say "I dealt with it long ago, it doesn't affect me anymore." Or "I buried that long ago, that is behind me." And unfortunately, that is exactly what we do – we bury them inside of our bodies, and they cause stress to the body, to the organs and our well being. They will cause blockages and dreadful diseases. To make things worse we accept the limiting beliefs related to our experiences. We live the rest of our lives believing and behaving in accordance to the limitations we accepted.

I have the skills to help you clear your body of ALL negative emotions, from your past. Your brain stores all your memories perfectly, using your "time line". You'll still have the memories and a good recollection of those events, but you will not be able to find or link that event to a negative emotion. In other words, when you think of that event you won't be overwhelmed with those intense emotions that you used to have associated with that event.

I have lost loved a loved one, my brother was only 9 years old when he passed away playing in the sand. I have been divorced and have suffered from depression. I can truly say that I can revisit those events now without the anguish that used to accompany them. I now have fond memories of my brother as they are no longer clouded by the sadness I so dearly held on to. To be clear, the objective here is not to eliminate anyone's ability to feel any warranted emotion. We deal with the past emotions that are not serving you and hurting your body instead. Usually, after a session like this, you would feel lighter, your emotional baggage is gone, and perhaps you'll notice eyes more open or a shadow disappearing from your face? You would feel content with yourself, like never before.

And this would be groundbreaking, the most beneficial thing you could do for yourself. Letting go of the past, being in perfect harmony and peace with the events that have happened already, focusing on your future, and making your dreams come true. We can't change the past, and we should not live in it. We should live in the NOW, making the day the best we know how.

Unfortunately, this is a skill, not something I could teach you in a writing like this, and it takes two people to do this. No hypnosis, no magic, just direct communication with your unconscious mind, giving it clear instructions, in a way that it will understand. It loves to serve you, and it's more than happy to let go of ALL of these negative emotions. Holding on to them is in the direct conflict with the highest prime directive of the unconscious mind, which is 'To Preserve the Body'.

## My Life Coaching Program

If you can see the **value** in settling with your past, and getting your unconscious onboard with your conscious objectives then my life coaching program is for you.

Although very unique for each individual, this is more or less what you can expect:

- We'll elicit your Values in different areas of your life
- We'll help you clear ALL the negative emotions (anger, sadness, fear, guilt...) from you past
- We'll get rid of all your self-limiting decisions and beliefs, which makes you unstoppable!
- We'll insert in your Future Time Line your desired outcome, so your mind can support you ALL the way in achieving your dreams – you get unrivalled focus and clear path to your goals

Last three steps are priceless on their own, for those who understand their true meaning of course. But the steps before them are very necessary indeed, to align the past with the desired future, to clear your body of all the negative blockages, and to make an incredible support system, to support you in your future deeds.

**What is this worth to you?** I have a fixed price for my life coaching program, but you won't find out until you give me the right answer to that question. All my sessions are one on one, and very personalized to your needs.

I am not here to make you live the life I think is good, I am here to deliver, to enable you to make your life anything you want it to be. If you can tell me what you want – I can show you how to get it!

I don't need clients. I want clients who are ready to change, clients who can easily see the value and its potential in doing something like this.

I offer 100% money back guarantee, for all the sceptics out there. I'll deliver as promised, and after all this is done, you will be **unstoppable, unlimited in potential**, which is what you were **always meant to be**.

Talk to me... I travel a lot, empowering people and companies all over the world, so I am often out of office for long periods of time, but I always have access to my emails, and always looking for another life to empower!

My goal is to change the world by making a difference one person at a time

To your freedom,

Peter Redelinghuys

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Some content in this document is derived from, "The Awakening", written by my dear friend Robert Simic

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