

**“How to Get Unstuck Without Coming Unglued:
Maximizing Your Performance & Results From The Inside-Out”**

Teleclass: 5/13/08

Knowledge = Power

If you aren't achieving your goals, there's only 1 or 2 things responsible:

1. You don't know what you want – lack of clarity
2. There's something you don't know to help you get what you want
 - a. Information
 - b. Tools

There are 2 things to help you manifest your goals:

1. Increase internal & external messages and environment that support your goals... move toward positive environments that support you
2. Decrease – declutter –internal & external messages and environment that don't support your goals ... move away from the negative environments that don't support you.

Conscious/Subconscious Mind

Conscious Mind

- Volitional - Sets Goals...Judges Results
- Thinks Abstractly
- Short Term Memory (approx 20 seconds)
- Time Bound - Past and Future
- Limited Processing Capacity - 1-3 Events at a Time
 - Averages 2,000 Bits of Information/Second

Subconscious Mind

- Habitual- Monitors Operations of the Body...e.g. Motor Functions, Heart Rate, Digestion, etc.
- Thinks Literally – Sensory Based Language – V-A-K-G-O

- Long Term Memory (storehouse of all past experiences, attitudes, values & beliefs & perceptions)
- Timeless – Present Time Only
- Expanded Processing Capacity – Thousands of Events at a Time
 - Averages 4 BILLION Bits of Information/Second

It's important to control the internal and external messages to the subconscious mind... the 4 billion bit processor. When you do, you control your life.

As it turns out, you *can* control both the internal and external messages to the subconscious mind. When you do both together, you become a manifesting machine!

If you are not manifesting everything you desire in your life right now, you probably have INTERNAL and EXTERNAL messages to your subconscious mind that are not in alignment with your goals.

De-clutter your mind, your environment, and your life!

You know the phrase in computer programming: Garbage in = garbage out
It's the same with our SC minds programming.
Clutter negatively impacts the subconscious mind

Clutter = overwhelm = confused messages = confused results

Holding onto clutter is an affirmation of LACK and SCARCITY to your subconscious mind and the universe that you don't trust it to give you what you need, when you need it, in completely divine and perfect order.

Ask yourself, "Do I love it, do I use it?" If answer is no, time to pass it on.
If you don't love it, or you don't use it, it's clutter.

Definitions

Perception: Awareness of the environment through physical sensation.

5 Senses: Visual, Auditory, Kinesthetic, Gustatory, Olfactory

Beliefs: Beliefs are conclusions, derived from information, experiences and/or perceptions.

EXTERNAL PERCEPTIONS: Feng Shui

What is Feng Shui?

It is an ancient Chinese Art of Placement nearly 5000 years old that reveals how our living and working environment affects our fortunes and fate...in all areas of our lives.

By altering our environments internally and externally, we can also alter our state of well being, vitality, and balance. Feng Shui is a tradition/practice which seeks to restore natural balance and harmony in our lives using many proven time-tested principles and techniques.

Feng Shui – see attached spreadsheet for **BA-GUA diagram**

INTERNAL PERCEPTIONS: Precision Change Method™ (PCM™)

Internal Messages: The subconscious values, attitudes, beliefs we were “programmed” with at ages 0 – 5 years, downloaded with no filters from “environment” (parents, culture, teachers, etc.)

Messages to “survive” vs. “thrive”

Your **beliefs** and your perceptions lead to your results. So, if you want to know what your beliefs are...you simply need to take a look at the results you’re getting in your life...in all of these different areas.

If you’re pleased with your results...you probably have beliefs that are in alignment with your goals.

If you’re not pleased with your results...you probably have beliefs that are not in alignment with your goals.

Suggested Beliefs for “How to Get Unstuck Without Coming Unglued”

The following beliefs represent a sample of the beliefs that support attitudes, values and perceptions that are linked with successful performance outcomes. They can be directly "installed" in the subconscious mind using PCM™ integration techniques. These and many other belief statements are available in the PCM™ workshop and coaching modules.

Prosperity

1. Every part of me is ready, willing and able to have lots of money NOW.
2. My worth as a person and my financial worth are two separate measures.
3. I feel relaxed and confident when I ask for business and for payment.
4. I can make all the money I need doing a job that I love.

Children

1. It is fun and easy for me to learn new things and have new experiences.
2. I am smart, likeable and loveable.
3. I am a straight A student
4. I am healthy & happy in mind, body and spirit.

Sales Success

1. I look for and find unique and creative ways to achieve my sales goals and solve

sales problems.

2. I relax, do my best, and focus on solutions rather than problems.
3. I am clear about my priorities and stay consistently focused in accomplishing them.
4. It is easy and fun for me to create new leads and sales business.

Personal Power

1. I trust the decisions I make.
2. I deserve the very best life has to offer.
3. I take the initiative to create my life the way I want it.
4. I am assertive in meeting my own needs.

Relationships

1. I am worthy of an intimate, passionate relationship.
2. I am able to experience freedom in a relationship.
3. It's easy for me to give love to others.
4. It's easy for me to receive love from others.

Health and Body

1. I treat my body like royalty.
2. My body heals itself, naturally and quickly.
3. My body is a perfect mirror of Divine Perfection.
4. I am free to be happy and healthy.

Change

1. It's fun and easy for me to change.
2. I am patient and sensitive to the time it takes for myself and others to change.
3. I am centered and energized by changes in my life.
4. I am willing to take the necessary risks to change.

The secret to fully accessing the power of your mind is to know how to **communicate** with your subconscious mind. Once you know how to communicate with your s/c mind, then you'll know how to identify which subconscious beliefs you have that may be sabotaging your efforts to achieving your goals. This is done through a simple technique called Muscle Testing.

How Does Muscle Testing Work?

An easy and effective way to communicate with the Subconscious Mind is with Muscle Testing, because the subconscious controls motor functions such as muscle movement.

- Muscle Testing is a communication link with the Subconscious Mind
- Subconscious Mind controls the Autonomic Nervous System
- Autonomic Nervous System controls Muscle Movement/Viscera
- Brain sends Electrical Signals via the Autonomic Nervous System

- Strength of Electrical Signal determines Muscle Response
- Presence or Absence of Stress affects Electrical Signal Strength
 - *Increase Stress –Decrease Muscle Strength
 - *Decrease Stress – Increase Muscle Strength
- Muscle Testing allows us to observe/perceive Stress via Signal Strength via Muscle Strength

Sources of Stress

- Conflict – Beliefs
- Emotional
- Physical

When Stress is present, the Muscle Test is weak due to decreased Electrical Signal Strength. Muscle testing can be used to determine what thoughts are stressful to the body, as well as what ideas or beliefs are supported or not supported at the subconscious level of the mind. Very simply, what we think and believe affects our physiology.

The Precision Change Method (PCM)TM

With the Precision Change Method (PCM)TM whole brain integration techniques, you can then identify and change the subconscious beliefs from ones that sabotage you into ones that support you...directly to the level of the subconscious mind...the 4 Billion bits info/sec processor.

PCMTM enables you to dramatically reduce the resistance to introducing beliefs to your subconscious mind, thus eliminating the need for willpower and repetition. PCMTM can transform an inspirational idea into an inspirational way of life quickly and easily. The subconscious mind can accept and utilize these new ideas **in minutes** instead of taking weeks, months and years. PCMTM represents working smarter, not harder to change your beliefs and your life.

SPECIAL COACHING OFFER

Package A:

- Identify and change subconscious beliefs around money or other life areas
- Evaluate home or business floor plan and implement Feng Shui cures to clear and optimize money or other life areas
- Identify highest priority areas in home and life to “de-clutter” – create and implement plan for change
- For parents: all the above also applies to children to improve learning, self esteem, confidence and other desired behaviors and results

3 individual 1 hr phone coaching sessions per month for 2 months = 6 coaching sessions

Regular Price: \$175/hr x 6 sessions = \$1,050

Teleclass Price: \$ 697

For first 3 people who sign up,
2 additional individual 1 hr phone coaching sessions for self or any household immediate family member = 2 free sessions = \$350)

8 Individual Coaching Sessions for Teleclass Price: \$697 (Approx \$87/session)

OR

Package B:

3 individual 1 hr phone coaching sessions per month for 4 months = 12 coaching sessions

Regular Price: \$175/hr x 12 sessions = \$2,100

Teleclass Price: \$897 (Approx \$75/session)

For first 3 people who sign up,
2 additional individual 1 hr phone coaching sessions for self or any household immediate family member = 2 free sessions = \$350)

14 Individual Coaching Sessions for Teleclass Price: \$897 (Approx \$64/session)

Family Member Price: \$100 off either package in addition to your registration of Package A or B

PAYMENT TERMS & OPTIONS

Check, Mastercard, Visa (no Amex)

Pay in full now or monthly credit card installments

OFFER EXPIRES: Wednesday, May 14, 2008 at 12pm PT

TO REGISTER: Call me at 805 382 4500, or email me at nikkeabdevida@aol.com