

Mental rehearsal installs the circuits in your brain to look like the experience has already occurred



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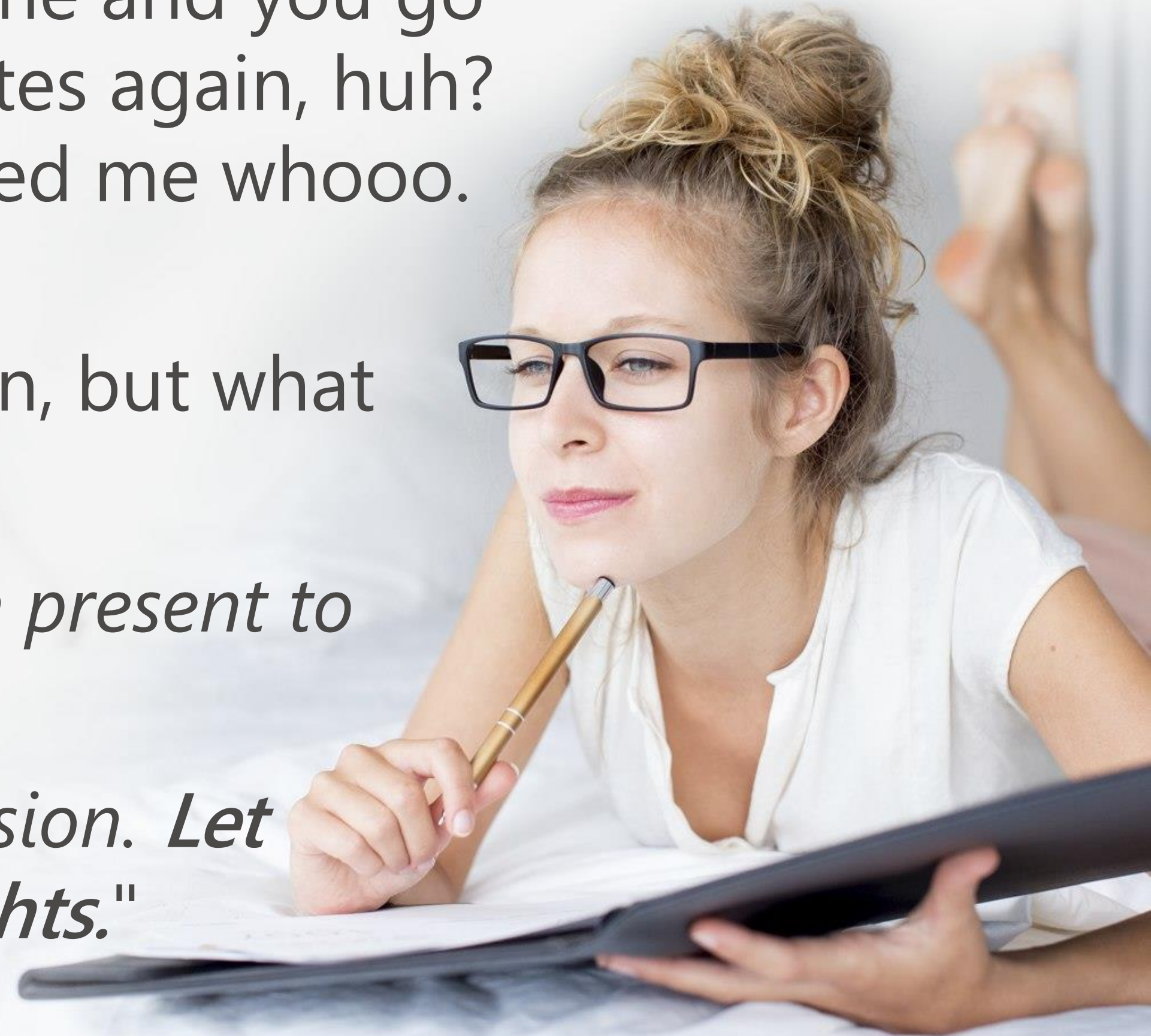
Do you know, that if you woke up in the morning and instead of getting out of bed, what do most people do when they wake up in the morning now?

What do you do? Admit it, you go to your cell phone and you go ahhh, oh my goshhh! Monica is eating carbohydrates again, huh? Oh, look my boyfriend from high school Facebooked me whooo. Oh, look, there's a war in Syria, Humm.

Everybody goes through the device to plug them in, but what if you woke up in the morning and you said this?

"What is the greatest expression of myself that I can present to the world today?"

What if you said, *"I'm going to be defined by this vision. Let me become conscious of those unconscious thoughts."*



*Let's become so conscious of those unconscious thoughts that **they'll never slip by my awareness.** You know, "I can't. It's too hard. Nobody loves me. I'm bad." Old circuits from the past.*

What if you said, "No more complaining, no more feeling sorry for myself, no more judging anybody, I'm gonna stop that.

What if you said I'm not going to be guilty anymore. I'm done.

I'm not going to be unworthy. Those are the emotions, behaviors, and thoughts, that are connected to the old self.



The word **meditation** literally means, **to become familiar with**, that's what it means.

If you're becoming familiar with your unconscious thoughts and making them conscious, *you're meditating to know thyself.*

If you become aware of your automatic habits and *you're so conscious of your unconscious behaviors*, that you go unconscious again, **you're changing.**

If you're familiar with your emotions and say that's my past, those are chemicals from the past, let's leave them behind.

And then you said, *"Who do I want to be when I open my eyes?"*

What thoughts do I want to think what thoughts do I want a fire and wire in my brain.



Let me plan my behaviors today. Do you know the very action of planning your behaviors in your mind, rehearsing what you're going to do?

Do you know that mental rehearsal actually installs the circuits in your brain to look like the experience has already occurred?

*Now your brain is no longer living in the past. **It's primed for the future.***

And if nerve cells that fire together wire together, you keep doing that it's going to become familiar to you.

And so then, here's the tough part. If you said, "I am not going to get up from this meditation until I am in love with life. I'm going to leave my sadness and pain behind and I'm going to open my heart and I'm going to feel gratitude. I'm going to feel joy. I'm going to feel inspiration."



Do you know, that *the moment you start creating those chemicals, you are signaling new genes ahead of the experience?*

And now, *if you can combine a clear intention with an elevated emotion, you are literally biologically changed.*

And *if you can get up from your meditation feeling like somebody else, your job is to maintain that modified state of mind and body your entire day.*

Because if you keep cultivating that elevated emotion it's going to become familiar to you. And if you're able to maintain that modified state of mind and body *every single day. Get ready!*

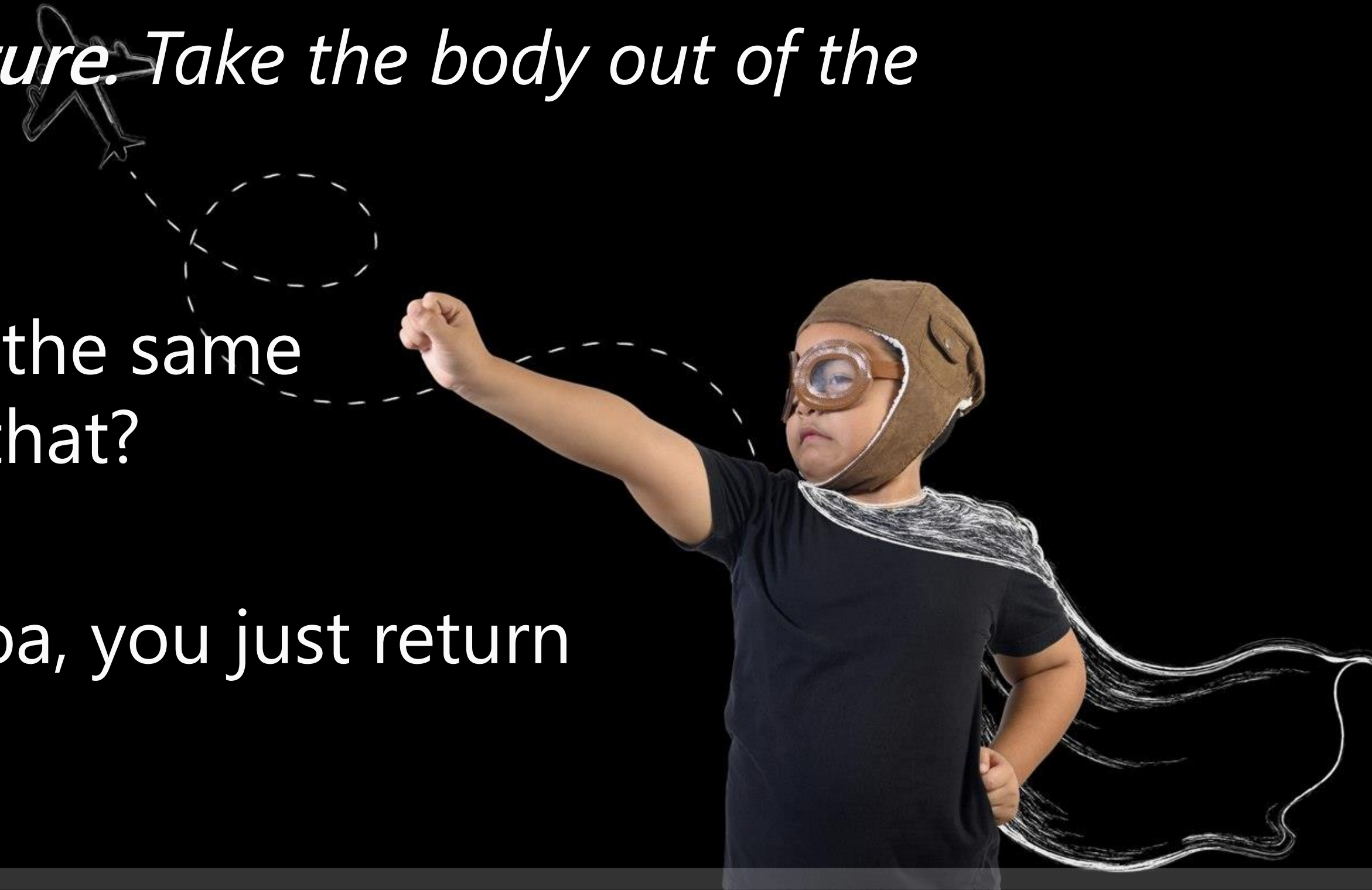
Because *something unusual is going to happen in your life. It's the law.*

You are going to run into a new opportunity because you're in a new state of being.

And *this will we teach people, to **rehearse the future** and to *take the brain out of the past* and *put it in the future*. Take the body out of the past and put it in the future.*

But if you get up every single day feeling the same way and you wake up and you go, who's that?

Wait, let me remember my problems, whoa, you just return back to the old self.



So the act of planning your behaviors, the research shows, that as you begin to plan what you're going to do and how you're going to do it. You begin to change your brain to look like the event has already occurred.

*And you **begin to prime your brain into the future** and out of the past and if you can create the emotion you are more prone to get your behaviors to match your intentions, your actions equal to your thoughts and your mind and body working together, and **you will begin to arrive at a new destiny.***

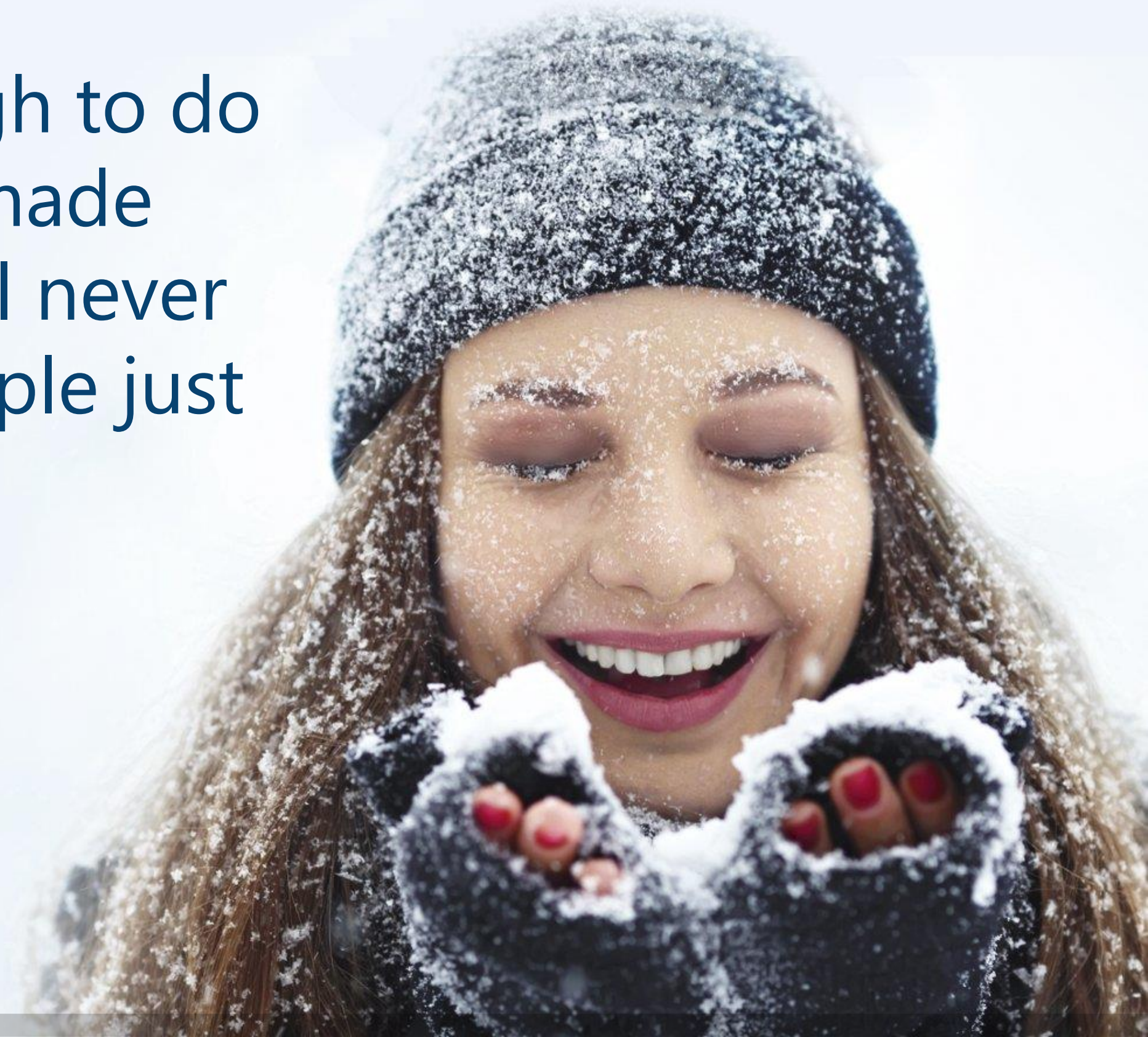
We've seen it over, and over, and over again.



Common people like you are doing the uncommon, and you don't have to be a monk. You don't have to be a nun with 40 years of devotion. You don't have to be an academic. You don't have to be a scholar.

It's time that common people are privileged enough to do the uncommon, and we've measured people and made scientific history in the last three years that you will never see in any *neuroscience journal*, and they were people just like you.

And now, when people ask me *is changed possible*, I have no doubt in my mind.



In my last book, I said, "Hey, how can you give somebody a sugar pill? or a salt injection. And a certain percentage of those people will accept, believe, and surrender to the thought..."

That they're getting the real substance and without any analysis, *they begin to program their autonomic nervous system to make their own pharmacy of chemicals that matches the exact same chemical they think they're taking.*

Is it the inert substance that's doing the healing or is it the body's innate ability to heal?



So the question is, **do you need something outside of you to change you?** Or if you understand how the placebo works **can you teach people to do it?** But instead of putting their belief in something outside of them, *put their belief in something inside of them.*

Or a possibility, an unknown and have them revisit that unknown until they make it known.

If eighty-one percent of the people who are in a depression study are healed by a placebo. Eighty-one percent are healed by a placebo, it means they're making their own pharmacy of antidepressants, and they don't need anything to do it.



And so, its time people take their power back, it's time that we wake up. And my passion is about transformation.

But not with elite individuals, with common people.

And if you keep understanding that you need a flu shot because there's bugs with your name out there that are looking for you and if you don't get the flu shot, you're gonna get sick. *That's the nocebo*. Then when you don't get it, you'll get sick, and then you'll need a pharmaceutical, **that's programming**.

But when people break out of that illusion and they begin to take their power back they're no longer controllable.



And now, you're talking about a race of individuals now, *that are believing in themselves more than anything else.*

And that's where we're going as a community in this world.



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