

CREATING SELF-FULFILLING POSITIVE CHANGES

WITH MANDY BARBEE @ PALLADIUM MIND
FOR
LINDSAY'S TRIBE @ LINDSAY LIVES WELL

PURPOSE

- EMPOWER with information so that you can live a vibrant life in optimal health, and enjoy everything more!

AGENDA

- Define non-ordinary state of consciousness (NOSC)
 - Characterize *all* mental states
 - Make conscious/subconscious distinction
- Altered state as a powerful mechanism for change
- Provide the various “access points” to altered state
 - What does this mean to us?

THREE BRAINS IN RELATIONSHIP TO NOSC

The evolution of human beings has left us with three distinct brain systems, sometimes referred to as the “three brains”.

In order of historic development through time, these are:

- R-Complex (reptilian brain) – instincts, hunger, temperature
- Limbic System (early mammalian brain) – emotions, memory, imagery
- Cortex & Neocortex (primates and humans) – logic, planning, language, conscious thought

The first two are commonly grouped as the subconscious mind; the latter as the conscious mind. In order to understand HOW it is employed, some background on the human brain is useful.

NON-ORDINARY STATE OF CONSCIOUSNESS: DEFINED

Non-ordinary mental state (also called Altered State) is:

- Quantitatively measured by Alpha brain wave frequencies (commonly accepted as approximately 8–13.9 Hz)
- Qualitatively identified by relaxation, soft focus, increased perception and awareness of the body

NOSC is when the conscious mind relaxes its critical analysis and alertness, and the subconscious awareness and function begins to take a prevailing role in thought processes.

Non-ordinary states are unique in that we can maintain some steering while in the state (less so in dreams and dreamless sleep), while at the same time accessing more resources than are available consciously.

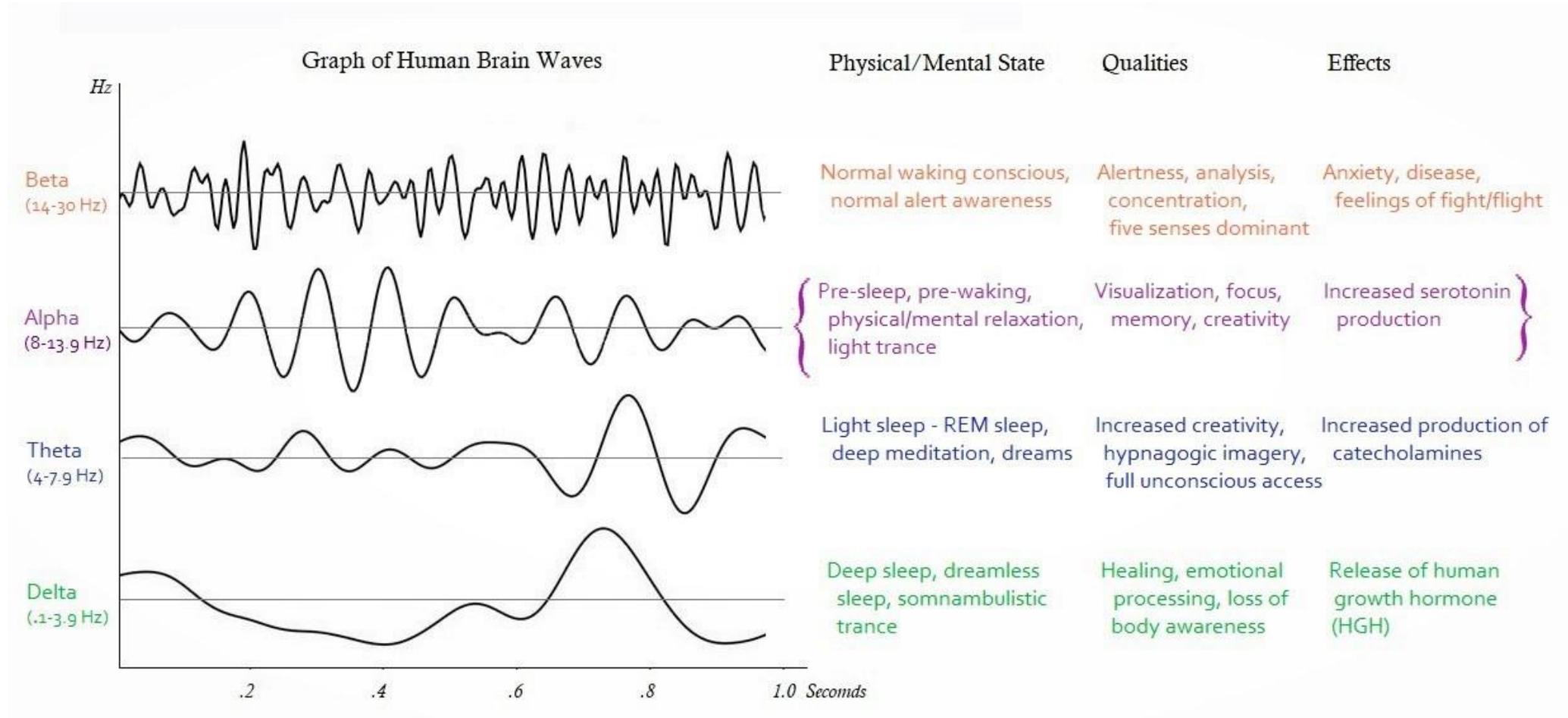
ALL RIVERS RUN INTO THE SEA

The following are all ways that NOSC can be accessed:

- Yoga
- Meditation
- Deep breathing
- Formal trance induction
- Endurance sports like running
- Watching television
- Guided imagery
- Prayer
- Monotonous activities like driving a car, or coloring
- Trauma and high emotion
- Ayahuasca and other lucid drugs
- Even worrying..

As shown here, altered state is very common and natural.

GRAPH OF HUMAN BRAIN WAVE CHARACTERIZATION (β , α , θ , Δ)



WHY DO WE CARE ABOUT NOSC?

Altered state of consciousness has incredible merits for health and creativity – and thereby transformation, automating new behaviors, and healing.

HOW DO WE CHANGE SUBCONSCIOUS INFORMATION?

Speak to it in its language.

WAYS TO DO JUST THAT

1. Let the “guard” take a break (the guard being your critical mind)

- many ways we are already in trance daily shown on slide 6

2. Techniques

- Repetition (affirmation is one example)
- Imagery (rehearsing outcome experience and the positive emotions of it)
- With help of someone else: Let emotion lead us to the root of the unwanted experience, to have the conversation. Additional technical detail of the “How” with someone like me follows for 3 slides.

HOW ANYONE CHANGES SUBCONSCIOUS INFORMATION (1)

BACKGROUND

The content of the subconscious has two natures:

- Hardwired information (from birth) like fear of falling, fear of rejection by the social group, fear of authority figures, pain responses, survival instinct, etc.
- Learned information (associations made throughout life, based on the specific experiences had). Belief and memory fall into this camp.

This content governs the responses we have but didn't exercise much conscious choice in. On the next slides I'll tell you how.

HOW ANYONE CHANGES SUBCONSCIOUS INFORMATION (2)

Belief and memory are stored as both content and structure.

- Content is the *story, structured* by parameters of the mind's internal version of the five senses, which is unique to each individual.
- It is by both content and structure that emotion and significance are assigned to memories.
- These emotions give certain memories significance.
- These emotions are the source of impulses, reflexes, compulsions, and often of disease.

HOW ANYONE CHANGES SUBCONSCIOUS INFORMATION (3)

It is here finally that the value of altered state becomes clear.

- The language of the subconscious mind is images.
- Imagery is not only an access point to altered state, it is a tool of it.
- Content and structure of memory can be adjusted through visualization.
- To the mind: imagination, dreams and memory are the same.

CONCLUSION

With altered state, beliefs can be changed instantaneously.

Through altered state, instead of analyze the subconscious, we can directly talk to it, and have the conversation that is needed to release, heal, and resolve the unconscious root of even lifelong patterns in hours.

SUMMARY

- NOSC are extremely common and totally natural.
- There are so many ways to access relaxation of your critical mind (NOSC).
- There are also a wide variety of ways to create change using this state.
- The changes resulting from restructuring and/or reimagining belief in a skillful, purposeful way are immediate, permanent, gentle and profound.
- Anything happening automatically for you is being commanded by your own subconscious.
- Whatever the experience, it is happening FOR you. It is pointing the way to what needs to be healed within you to live the life of your dreams!

CLOSING

Your subconscious is like your helper or your assistant - and it's running the show with whatever you have trained into it.

It is already working within you to do SOMETHING, in fact many things!

Observing what it's doing (the effects of your own programming) can sometimes help us understand what the faulty program is, but understanding is not in itself healing. No more than knowing why someone's feelings makes that person feel better.

Don't beat yourself up. Any internal issue we experience is itself the key to our greatest happiness- just like a road sign pointing the way. It's guiding your attention directly to the problem, which makes resolution completely possible. All can be healed ♡