

Day Two - Activate the Triune Mind

Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.

Earl Nightingale

As you can see from the first day's sessions and exercises, the mind is a powerful tool. It is an incredible time machine that can propel us into the future, recreate a painful or pleasurable past, and give us all the sensations as if it were real today! The apparatus that allows us to create a compelling future and sensualize it in the "here and now" is the **Triune Mind**. Don't allow the fancy, scientific terminology to faze you...thankfully, we all have one and use it daily, whether we know it or not. The Triune Mind is made up of three components:

- **Conscious**
- **Sub-conscious**
- **Super-conscious**

The **conscious mind** is driven by the five physical senses of taste, touch, sound, smell and sight. For most, the conscious mind is the dominant judgment system utilized for determining what is possible in their lives. It is limited in that it can only process information that is presented through the five physical senses. It cannot think "out of the box". It only knows "What" it wants and needs based on the five physical senses. It requires assistance from the sub-conscious mind to see beyond the obvious.

The **sub-conscious mind** has the ability to propel you into the future. It supports the conscious mind by giving it the reasons to take an action and the likelihood that the actions will manifest the desired results – *thus eliminating fear*, or at least creating a mindset conducive for action. Of course, it can just as easily do the opposite and create fear based on conclusions it makes from the data supplied by the conscious mind. It can create *unlimited* images vividly with consistency and it is these

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meditated "realities" that will drive or inhibit action. **The sub-conscious mind does not understand whether a thought is truly real or only imagined.** It creates the "Why" emotions that drive the conscious mind into action, if presented passionately enough.

The **super-conscious mind** delivers the "How" answers based on "What" the conscious mind wants and "Why" the sub-conscious mind says we want it. It is the direct contact with the Universal Mind, though it is called by many names. *It provides the roadmap with clarity and focus. It provides answers to complex issues in direct proportion to the attention and trust that is given to it.* It will integrate seamlessly with our abilities to resolve problems and achieve desired outcomes - thus helping us to achieve more than we think is possible.

These three together form the **Triune Mind**...*the conscious, sub-conscious and super-conscious.* When used properly, they create a powerful trio that can propel you to success in *any* area of your life and will help **You. Change. Now!**

Mixing the What, Why & How Cocktail

To understand how the Triune Mind works we must understand the responsibility of each component. The conscious mind is responsible for "**What**" – the wish list of life. The sub-conscious mind creates the "**Why**" – the strong and compelling emotional reasons these desires are important. Finally, the super-conscious delivers the "**How**" – the specific strategies to obtain the things highly desired.

Of course, not everyone engages the super-conscious to get the optimal strategies for obtaining what they desire. The result will be strategies that may help them obtain *what* they desire but have residual consequences. These negative and potentially destructive strategies come from not engaging and trusting the super-conscious for direction. As a result, people will do *consciously* driven activity to obtain those things they desire. Some will resort to getting themselves into excessive debt, or they will get involved in unlawful activity to obtain their desires.

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In order to keep the three in balance, **the conscious mind must focus on what it wants, the subconscious mind must allow us to feel its attainment, and the super-conscious mind must be trusted to deliver how we will obtain it.** *The three minds must act as one mind.* All three are equally important if we are to achieve Money, Power and Success and greatness in our lives!

What? – The Fab Five

To live a full life, you need to determine what you desire in the Fab Five – Financially, Mentally, Spiritually, Physically and Socially. The Triune Mind will demand balance in your life. Some people will place more importance on financial things, but your spirit might suffer if this focus is out of balance. To some, living a high social life may be a priority, but their physical health suffers as a result. Activating the Triune Mind will develop success in each area. You will realize that you can have **complete success** and no area has to be neglected. Our goal setting exercises will delve into each of the Fab Five to create a holistic and complete vision for your life...one that is not lacking in any area! Goals require several components to be effective:

- Measurable
- Challenging but not unrealistic
- Consistent with your highest and best abilities
- Time bound with deadlines for achievement
- Flexible
- Reviewed Frequently

The goal setting exercises will guide you to ensure each of your desires meets these criteria. In order to get the most out of the Triune Mind, we must go against our nature and prove to ourselves that we are serious about our intent **to act** on what we desire. It is not enough to *say* what we want, **we must write it down.** There is

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a magic in the written word. Remember Yul Brenner in 'The Ten Commandments, "So let it be written, so let it be done"?"

Write the vision and make it so specific that the reader (you!) will be inspired to achieve it. If consistently written, reviewed, and visualized it will eventually manifest! Most people do not have written defined goals that drive and motivate them to greater achievement. Taking the time to write your goals demonstrates to your sub-conscious and the super-conscious mind that you are serious about your life. **It also tells the sub-conscious what to dream about and focus on, giving the super-conscious mind a "mandate" to provide an answer.**

Why? – The Compelling Reasons That Create Action

Why do you want the things you desire? There are five major emotions that drive us toward our goals and dreams – **fulfillment, pleasure, achievement, security, and independence**. There are many other names for our driving emotions but they will correspond to one of these. Think of the reasons that you would like these things in your life and how receiving them will impact your life!

The power of "why" is a key driving force behind the achievement of any desire. It determines our **level of expectation**, which we have learned, determines our outcomes. "Why" can be based on desperation or inspiration. People are typically motivated by the carrot or the stick. *When will a child run faster? When running toward the ice cream truck, or running from a big dog?* Certainly, positive inducements create the best kind of motivation but the majority of people never take the time to create these positive "why" emotions. They are driven episodically by deadlines, ultimatums, and "do or die" motivation. There is a better way!

Powerful emotional words create the positive imagery that is required to move the hand of the super-conscious mind to provide answers and lead us to the resources we need. Fearful imagery (desperation) will hinder the process and make you subject to fear and inaction. Emotion gives your vision graphic

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color and a vivid appearance that sends a consistent message to the super-conscious. Delivering a vivid, consistent and focused “why” gives the super-conscious the “bridge” it needs to send you the “How”. Consistent, vivid imaginings also activates several laws:

1. **The Law of Attraction** - In recent years, the law of attraction has gained much popularity as a principle of achievement. Its core concept is that we draw to us what we focus on and that “As a man thinketh in his heart, so is he”. **As you flood your mind with desire and outcomes, you create a magnetic energy that brings these desires to you.** The imagination is key to this law in that you must believe that you have received these things even *before* their physical appearance. **Creating compelling “why’s” and engaging the sub-conscious mind is the only way to create this white heat of desire and belief - thus magnetizing you to your objectives.**
2. **The Law of Reciprocity** - In a world of supply and demand, something must be given before anything can be received. To get goods, services or money something of equitable value must be exchanged. To get stronger physically, we must give what we have physically (exercise) as part of that transaction. Sowing must be done *before* there is reaping. **All initial “seeds” will be seeds of thought.** As the Law of Reciprocity is set in motion, these “thought seeds” will grow into our destiny.
3. **The Law of Perfect Action** - One of the benefits of an active imagination is mapping out strategies and tactics toward the attainment of the thing imagined. The more vivid and consistent the image, the more resolute the action necessary to obtain it becomes. Great inventors, such as Tesla, spent countless hours in imagining the

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construction of their inventions *before* pursuing them in the laboratory. This reliance on activating the Triune Mind, eliminated much of the trial and error of the inventive process and delivered a “divine strategy” from the super-conscious mind with regularity...**and with stunning results!**

4. **The Law of Habit** - The greatest achievers in history were not creatures of happenstance or given to procrastination. They were so driven by their desires that the actions necessary for achievement were not left to fate. They became their dreams and desires. This higher state of being generates a series of *automatic actions*...**habits** that sustained them until their goals were manifested. As you create vivid and consistent images of your desires, the compelling “why” emotions will spur you to action, and these actions will eventually become “*first nature*”...habits. This new found discipline will make all you desire not only possible, **but inevitable!**
5. **The Law of Fear Elimination** - Fear is the single greatest enemy to achievement. Out of it is born procrastination, timidity, inaction, and every other destroyer of destiny known to man! As you continue in engaging your **Triune Mind** with focused and regular imaginings, you will remove fear from your thinking as the transmissions of *Perfect Action*, give you confidence in your strategies. The word confidence is built from “*Con*” (with) and “*Fidelity*” (truth)...**once you know the truth, you will be in the highest state of faith and fear will no longer govern your actions.**