



ASE Emersion

by

Jevon Dängeli



Author's note

This [Authentic Self Empowerment \(ASE\) Emersion](#) book is provided to participants of our ASE Emersion event as a support resource. Through applying the principles and skills that this book provides, you can expect to expand your awareness and approach life's challenges resourcefully.

ASE Emersion is for anybody who wants to establish more *flow* in life, activate their inner healer, establish [mindful resilience](#), as well as discover and express their [authentic talent](#).

The ASE Emersion event provides the first hand experiences that equip people to access their intrinsic wisdom, creativity and self healing potential through enhancing their mind-body-spirit connection.

Positive transformation and empowerment are at the heart of the facilitated processes and exercises that participants experience at this event. They are then guided to implement their insights in personally meaningful and practical ways in order for them to maintain an expanded awareness of themselves and more possibilities in life.

ASE processes include practical NLP, mindfulness and transpersonal psychology based skills that anyone can learn and use to overcome challenging situations, whether they are manifestations on the physical, mental, emotional or spiritual level.

The live ASE Emersion experience will enable you to:

- ✧ Put a stop to the thoughts and feelings that you don't want, and replace them with a state of proactive inner peace
- ✧ Update the negative programming that affects your unwanted moods and behaviours
- ✧ Use more of your mind for greater fulfilment in your personal and professional life
- ✧ Establish your central purpose in life and the motivation to fulfil it
- ✧ Deal more effectively with confrontation and relationship issues
- ✧ Be [mindfully resilient](#) in all types of challenging situations
- ✧ Overcome mental blocks swiftly and get back in the *flow*
- ✧ Align and strengthen your mind-body-spirit connection
- ✧ Discover & express your [authentic talent](#)

I hope that you will find this book to be a useful resource in achieving the above.

Kind wishes,

Jevon

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ASE origins

ASE as a particular approach to personal healing and transformation as well as transpersonal development was established by Jevon Dängeli (Swiss South African) in 2007.

In 1998 [Jevon Dangel](#) started pursuing his deep interest in what differentiates us as people as well as what connects and unifies all of us as human beings. He began by studying and practicing a variety of healing-, personal growth-, and meditation methods, travelling extensively to learn from leaders in these fields.

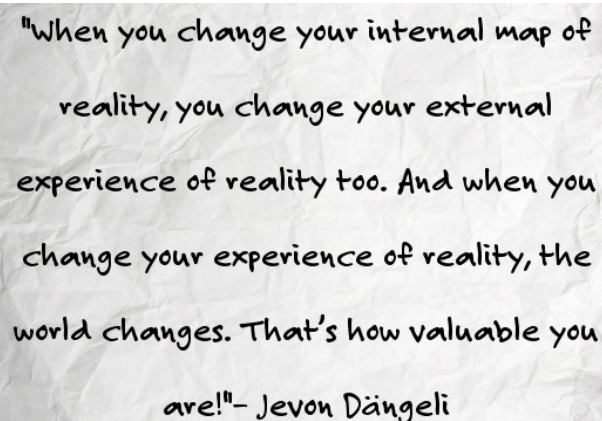
In 2004 Jevon qualified as a certified coach and trainer of NLP as well as hypnotherapy, adding these life enhancing skills to his diverse repertoire. By 2007 he had survived three near death encounters, causing him to reflect deeply on the value and purpose of life. Then, during a series of meditations he experienced a number of meaningful insights, that for him were *unignorable revelations* compelling him to consolidate his skills into one holistic methodology and make it available to the world. The ASE approach was crystallized in Jevon's awareness and it has continued to evolve since then through his practice and ongoing studies which include a Master of Science degree in 'Consciousness, Spirituality and Transpersonal Psychology'.

Today the ASE approach is used by professional coaches, therapists, counsellors, leaders/managers and conscious parents, as well as by those who want to enhance their self healing potential or escalate their level of personal and spiritual development.

Aside from the basic ASE approach as taught at the [ASE Facilitator Training](#) and in the [ASE audio-programme](#), there are now three ASE specialities available:

1. [ASE Burnout Prevention & Treatment](#)
2. [ASE at Work](#)
3. [ASE Sport Performance](#)

Lived ASE is about enabling people to discover their true value while being a proactive part of the Whole to which we all want to belong.



"When you change your internal map of reality, you change your external experience of reality too. And when you change your experience of reality, the world changes. That's how valuable you are!"- Jevon Dängeli

What does "Authentic" mean?

Generally speaking, authentic means being true to who you are. In other words, seeking to remain as genuine, honest and 'real' as possible while abstaining from deliberately playing a role or portraying a mask.

In the context of ASE, Authentic means Being True to who You Are! The capitalizations are intended to emphasize that there is more to what we think (and believe) we are, that our Authentic nature is beyond the scope of what we can consciously conceive of. This more intrinsic level of Authenticity is the core of what makes us human. When actualized, our Authentic Self guides us like an internal compass and we are able to tune into that level of awareness where we can be inspired, resourceful, creative and empowered in all situations. Being True means acknowledging and valuing the vastness of our own Authenticity as well as that of all others.

ASE Facilitators embody the belief that every human being is a unique expression of a deeper level of awareness that is the repository of our collective consciousness. Beyond this there are even more subtle levels of consciousness that are not limited by space or time and which also constitute the Authentic Self. We are like waves on the surface of the ocean, no two are the same, yet all come from the same source.

What is ASE?

Authentic Self Empowerment (ASE) entails attention shifting processes and techniques suited to specific contexts, whereby you can become progressively more aware of your [Authentic Self](#).

There is no final point, there is simply an increasing conscious awareness of what was previously unconscious. Enlightening and empowering states of consciousness can be accessed and then put to use in meaningful and productive ways in order to bring more of You to Life.

The process of bringing more of You to Life is activated through the ASE approaches.

In addition to ASE being our intrinsic mode of operating in the world, its approaches integrate [specific principles](#) that enable people to deal with all types of stressful situations with greater ease. ASE includes a simple, practical and dynamic set of skills that anyone can learn and use to deal with challenges effectively, no matter which level they manifested on — physical, psychological or spiritual.

ASE methods help people recognize that they need not be limited in any way, enabling them to open their mind in order to respond more wisely and creatively in every context. ASE is especially useful for those who want to elevate their level of personal development and spiritual growth, as well as those who seek healing or transformation in any area of life. Authentically empowered people are more aware of their intuition and able to trust their inner voice, gut feel or visions.

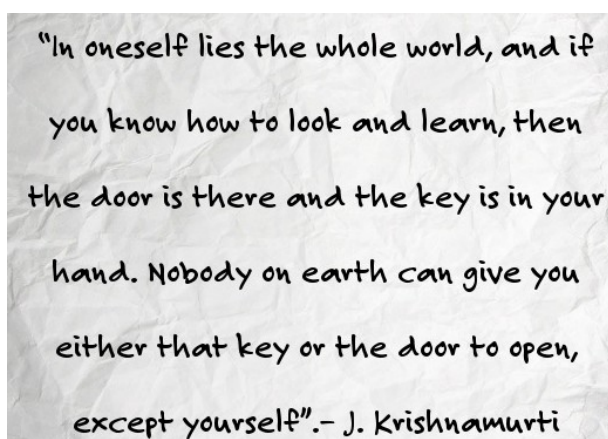
Authentic states motivate us to take resourceful actions that serve our best interest while maintaining compassion for the welfare of others and the environment. Experienced ASE facilitators have found that being of service to the needs of people and our ecosystem helps to further integrate ASE more fully. The establishment and maintenance of [Mindful Resilience](#) is a natural aspect of ASE.

How can ASE help me?

ASE is a powerful way to change the unconscious patterns that are responsible for unwanted behaviours. It enables you to re-program your unconscious mind, so that you can be more resourceful in any area of life.

ASE can help you to overcome the debilitating emotions and mindsets that prevent your success and happiness. A debilitating emotion is one that is toxic to the body and interferes with its balance and harmonious functioning. Fear, anxiety, anger, bearing a grudge, sadness, hatred, jealousy and envy all disrupt the energy flow through your body, affect the heart, the immune system, digestion, production of hormones, and so on.

Through gentle guided processes incorporating mindfulness, visualization and kinaesthetic awareness, your issue is healed and transformed as its occurrence takes on a new meaning in your life. You become empowered as the blockages to the flow of energy in your body and mind naturally disappear. Necessary resources and relevant learnings are accessed metaphorically to change any limiting perspectives and beliefs. Then new options, responses and alternative behaviours are introduced and appropriately integrated.



"In oneself lies the whole world, and if you know how to look and learn, then the door is there and the key is in your hand. Nobody on earth can give you either that key or the door to open, except yourself".- J. Krishnamurti

How does the ASE approach work?

Since the way in which people define their reality is based on their perceptions and defined metaphorically through language, insight and change of any internal and subjective representation will have a direct result in that person's external and objective experience. In fact, changes to imaginative representations have been correlated with changes in heart rate, galvanic skin response, blood pressure, and a host of other chemical and neurophysiological effects. For this reason, changes in metaphoric representation affects cognition, which in turn generates new thoughts, feelings and behaviour.

Just as any problem is created through the conditioned perceptual filters of the mind, so too can the solution be found by means of new expanded and resourceful perceptions being brought into awareness. Transformation and healing occurs when the boundaries which contained the problem are transcended and new learnings, choices and solutions are actualized.

Mental and/or emotional problems, including stress, anxiety, depression, anger, sadness or loneliness can only exist to the extent that we hold these conditions within our perceptual parameters of space and time.

As Dr Tim Brunson (Hypnotherapist) puts it: "Just about all mental pathologies involve some level of dysfunctional space/time perceptual orientation. This is especially true of traumas, which include an overly intense past orientation, and fears, phobias, and anxieties, which normally primarily involve an excessive future orientation. Space/time perceptions are implicated even with bad habits, personality disorders, and delusions, which often are associated with bipolar and schizophrenia. Furthermore, these concepts also come to play when coaching a person for performance improvement."

ASE methods utilize how we subjectively code space and time in our perceptual awareness, so as to facilitate healing in the past, grounding in the present and positive motivation about the future.

ASE methods enable you to update limiting perceptions with more truthful metaphors that empower you and support natural healing processes. Once the subjective boundaries of space and time are transcended you gain access to your inner resources that are normally hidden behind such barriers.

A sense of freedom, inner peace, joy and aliveness will flow with greater ease into your life when the barriers that prevent them are removed. The basic ASE process can include the discovery of your life's greater purpose and enable you to harness your own suitable, personal and practical way of implementing this.

ASE in coaching, therapy & counselling

The Authentic Self Empowerment (ASE) methodology provides coaches, therapists and counsellors with a holistic approach to healing the root of many psychological issues by focussing on both remedial change and generative transformation.

This approach is useful in helping people deal with a vast range of life's challenges because it is applied at the very core of the presenting issue. If required, ASE addresses the original emotional event(s) that has (have) lead to the problem. ASE facilitates a context for personal growth that heals your past, empowers you in the present and enables you to create a compelling future.

The ASE approach is effective at helping individuals to connect with their full intelligence to deal more resourcefully with any type of *dis-ease*, distress, burnout, depression, unwanted emotional states, addiction, trauma, phobia, relationship problems, abuse and chronic sickness. Additionally, ASE can be used to help individuals find direction, clarify goals, connect with their core values, establish their life's purpose and be intrinsically motivated by it.

The ASE Principles

The ASE Principles are the guiding posts that [ASE Facilitators](#) use in their practices. They are also recommended presuppositions for anybody who intends to live Authentically.

- Mind-Body-Spirit is one holistic system.
- Actualization of our Authentic Self is the process of recognizing who we already are (on more intrinsic levels).
- Our Authentic nature is made up of personal-, interpersonal- and transpersonal realms of consciousness.
- The actualization of our Authentic Self is supported through being of service to others as well as the physical and spiritual ecosystems.
- All states are constantly changing and experienced differently by individuals because of ongoing exchanges of energy and information.
- The way in which we experience our life and the world is based upon our internal and inter-subjective map of reality.
- We cannot not participate in our experiences and the way in which we relate to our experiences determines the meaning we give them...
- How we perceive people influences their capabilities in our presence.
- We are the co-creators of our life through our thoughts, feelings and actions, which are underpinned by our attitudes, beliefs and values.
- Regardless of our life situation, we always have the choice to change it.
- All actions should lead to integration and wholeness.
- No matter what we think we are, we are always more than that!
- Everyone and everything is interconnected at the most fundamental level.

"If we can recognize that change and uncertainty are basic principles, we can greet the future and the transformation we are undergoing with the understanding that we do not know enough to be pessimistic." - Hazel Henderson

Defining the three main components of the ASE approach:

NLP, Mindfulness & Transpersonal Psychology

Although ASE was originally inspired through Jevon's personal insight, his ongoing studies in NLP, Mindfulness & Transpersonal Psychology continue to contribute to ASE's theoretic and applied developments. An introduction to these three cornerstones of ASE is outlined on the following pages.

1. NLP

NLP is the *operator's manual* for using your mind effectively.

Neuro-Linguistic Programming (NLP) provides ways to understand how people do what they do, and how to upgrade what you do, when you'd like to do better.

NLP is a practical model of human behaviour that has, at its core, specific interest in the patterns of behaviour that distinguish excellent performance from average performance. The three letters in the acronym NLP refer to:

Neuro relates to our nervous system where our behaviour, our thoughts, our feelings and the state of our bodies reside.

Linguistic implies that it is mainly language that enables us to both internally store our inner experiences as well as share them with the outer world. It is through language that we create our map of reality.

Programming is the ability to change behaviour patterns and feelings in such a way that they become useful and constructive to our personality as a whole, thus fostering our growth and health.

NLP was originated by Dr. John Grinder (whose background was in linguistics) and Dr. Richard Bandler (whose background was in mathematics and gestalt therapy) for the purpose of making explicit models of human excellence. I.E what skills and techniques would help a person overcome a problem.

They identified the verbal and behavioural patterns of therapists Fritz Perls (the creator of gestalt therapy) and Virginia Satir (internationally renowned family therapist) and later modelled Milton Erickson, founder of the American Society of Clinical Hypnosis and one of the most widely acknowledged and clinically successful psychiatrists of our time. They studied Erickson's ways to use metaphor and stories to induce trance as well as to help his clients overcome their challenges.

Grinder and Bandler formalized their modelling techniques and their own individual contributions under the name "Neuro-Linguistic Programming" to symbolize the relationship between the brain, language and the body.

Through the years, NLP has developed some very powerful techniques and processes that are used widely today in various fields to enhance performance, overcome negative emotions and limiting beliefs, facilitate healing and improve relationships.

NLP is solution-oriented. Every problem carries within it a solution. The solution is often a question of perspective and the flexibility to integrate our own new perspectives. Solution-oriented thinking and acting that is supported by NLP provides more playroom for the decision making process.

NLP is resource-oriented. NLP presupposes that everyone already carries within them all the resources they need for mastering their life. The treasures must first be uncovered. Those in touch with their strengths, their talents and their abilities possess the energy to easily achieve their goals and ambitions.

NLP teaches you how you do what you do: How you take in the information from the world around you, what you do with that information inside your head and how what you do results in states such as happiness or depression; a body that is healthy or dis-eased, as well as how all your feelings and behaviours are motivated by your personal internal representations (or maps of reality) and how these can be easily updated with NLP.

[The core premises of NLP \(NLP Presuppositions\)](#)

How does NLP work?

As human beings we live in a five sensory world. We take in all information through our five senses. Now if we absorbed everything that comes to us at the rate of about 4 million bits of information per second, we'd 'fry our circuits'. So to deal with it – to make the pieces of information into small enough chunks to deal with – we filter the information.

Some of the filters are our perceptions of time and space, energy and matter, the language we use and our understanding of words and gestures, our memories, the unique way we go about making decisions, the patterns we look for when selecting information, our values and beliefs, plus our overall attitude. We delete, distort and generalize information according to our unique filters. Once we have passed incoming information through all these filters, we take what has gotten through and we make an internal representation of it. This internal representation is in the form of a sensory perception: a picture with sounds, feelings, tastes and smells. The next thing that happens (instantaneously) is that our internal representation triggers a corresponding state and behaviour.

What is a state?

Being happy is a state, so is depression. Being "fired up" is a state, so is tiredness or lethargy. Many people are familiar with the expression "It's a state of mind" but what's really interesting about the state is that it leads us to choose corresponding behaviour.

The "fight or flight" syndrome is the best known example of the following: There's the caveman walking along a path and out jumps a sabre-toothed tiger! The caveman's body immediately reacts: Survival instinct kicks-in, and there's a surge of adrenaline into the system, the breathing rate goes up and more oxygen enters the lungs. His heart pumps blood stronger and faster through the system and simultaneously the blood drains away from the extremities, not only so that it can be used more effectively internally but so that if the caveman decides to fight, he won't bleed so much should he be bitten. Now his body is ready to maintain his survival, i.e. – running or fighting.

These days many people live much of their lives in the "fight or flight" mode, i.e. – stress. This response of the nervous system is only meant to be activated in times of emergency. Frequent and long term surges of adrenalin into your blood stream cause major health problems and premature

ageing. NLP teaches simple methods of controlling your state and transforming the “triggers” which cause *dis-ease*.

In a nutshell then, NLP enables people to be less affected (unconsciously reacting) by external circumstance, through becoming more aware of our internal processes, and thereby being more at cause (consciously creating) in the various areas of life.

HNLP

HNLP (Humanistic Neuro-Linguistic Psychology) creatively integrates quantum physics, modern neuro science, hypnosis, accelerated learning, spirituality, and common sense with classic NLP. In a nut shell HNLP is the study of how our Mind creates our reality through language and behaviour.

What is the difference between NLP & HNLP?

Both NLP & HNLP methodologies offer a positive, proactive, goal-oriented and sustainable approach to enhancing performance. HNLP, however, includes a more Humanistic, Holistic and “organic” methodology than classic [NLP](#) which is more technique driven.

One of the basic premises from which we work is that everyone and everything is interconnected. We are not alone, quantum physics and all major spiritual systems support this. In the past, some people have criticized Neuro-Linguistic Programming for lacking a sense of connection and being too oriented toward techniques and “programming.”

While [NLP](#) techniques are effective, they are not the final answer. People and their interconnectedness are the answer. HNLP recognizes that we are all on the path to Self-Actualization, whether we know it or not!

HNLP values the interconnection between people and life at large. It recognizes that as humans there is more to us than what we are aware of, and that we are more controlled by what we don’t know than by what we do know. HNLP focuses on becoming comfortable with the unknown and teaches how to use the realm beyond our conscious awareness to lead a more productive and fulfilling life.

The Methodology & Philosophy for Change, Healing & Self Empowerment

It is presupposed in HNLP that as people we are capable of far more than we think we are, because we are more than we think we are. This idea is based on the knowledge that our current perceptions are limited to how our neurology filters information. It’s our internal representations and states that determine our behaviour much more than the world outside of us.

All behaviours are motivated by unconscious impulses which are known as neurological triggers. These triggers are the catalysts which are responsible for everything that we do. Whether good, bad, resourceful or destructive, this way, that way and anything in-between; all our behaviours are based on certain beliefs that are acted upon when triggered by precise stimuli. Once you know what they are, these triggers can be transformed into catalysts for positive results. The [HNLP Coaching model](#) enables you to identify the triggers that cause you to think, feel and behave unresourcefully. It empowers you to change each trigger’s neurological effect, so that you have more choices available to you.

Beyond your limited perceptions is your [Authentic Self](#) and immense potential. HNLP shows us how to heighten awareness, use multi-level communication and have behavioural flexibility in order to achieve fulfilling results.

HNLP was developed in the early 90s by NLP Master Trainers & Psychologists – John Overdurf and Julie Silverthorn, who founded the International Network for Humanistic Neuro-Linguistic Psychology (INHNLP). [Jevon](#) is trained by John and Julie, and accredited as a Trainer of NLP, HNLP and Hypnotherapy by the INHNLP.

2. Mindfulness

According to various prominent psychological definitions, in Wikipedia – Mindfulness refers to a psychological quality that involves bringing one's complete attention to the present experience on a moment-to-moment basis, or involves paying attention in a particular way – on purpose, in the present moment, and nonjudgmentally (Kabat-Zinn, 1990). Simply put, Mindfulness is being in the here and now.

Mindfulness in Buddhist meditation (also translated as *Awareness*) is a spiritual faculty that is considered to be of great importance in the path to enlightenment. Mindfulness practice improves the immune system and recent research suggests that it is useful in the treatment of pain, stress, anxiety, depression, eating disorders, and addiction, amongst others.

Mindfulness meditation does not aim to change us in any way, but rather helps us to be more unconditionally present with our current experience in the moment (Wegela, 2010). Mindfulness meditation is normally practised seated, although mindful awareness is not only reserved for sitting meditations, but also intended to be brought to all tasks and interactions throughout each day in order to integrate mindfulness into one's life. Historically, mindfulness is a concept stemming from ancient Buddhist philosophy (Bhikkhu, 2010). Today it is most common in the West through Mindfulness Based Stress Reduction (MBSR) – an 8 week programme that teaches mindfulness meditation - developed by Jon Kabat-Zinn to help people cope better and be more at ease in their life.

It may be argued that mindfulness does not depend on meditation. Mindfulness can also arise from consciously selected perspectives that enable one to evaluate one's identity with thoughts, emotions and sensations, and to experience them simply as cognitive events, however this approach requires self-knowledge, realizing larger patterns of meaning, and taking a wider view (Niemic, Rashid, Spinella, 2012). Such a "metacognitive perspective" (Teasdale, 1999) makes it possible to see the aspects of any experience as temporary phenomena rather than creating an identity from them, but such an aptitude might be more difficult to achieve in challenging situations without it being embodied via regular meditation.

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3. Transpersonal Psychology

Transpersonal psychology is a school of psychology that integrates the spiritual and transcendent aspects of the human experience with the framework of modern psychology. It is also possible to define it as a "spiritual psychology". The transpersonal is defined as "experiences in which the sense of identity or self extends beyond (trans) the individual or personal to encompass wider aspects of humankind, life, psyche or cosmos" (Walsh & Vaughn, 1993). It has also been defined as "development beyond conventional, personal or individual levels" (Scotton, 1996).

Issues considered in transpersonal psychology include spiritual self-development, self beyond the ego, peak experiences, mystical experiences, systemic trance, spiritual crises, spiritual evolution, religious conversion, altered states of consciousness, spiritual practices, and other sublime and/or unusually expanded experiences of living. The discipline attempts to describe and integrate spiritual experience within modern psychological theory and to formulate new theory to encompass such experience.

As has been long recognized by humanistic psychology, the conventional psychological perspective on health is that it is something obtained when pathology has been ameliorated. That is, health is the absence of pathology and suffering. In Maslow's (1968, 1970) terms, conventional psychology has primarily focused on deficiency (i.e., states of need or lack) and not on growth and being (i.e., realization of fullest human potential as persons in the world). Putatively, most extant clinical psychological theory, research, and practice is oriented towards understanding and treating pathologies.

In contrast to the traditional view and akin to the humanistic movement, transpersonal psychology is motivated to investigate and facilitate the emergence of optimal psychological health. It proposes that the study of positive states and qualities of functioning should be incorporated into our efforts at constructing a more complete and holistic understanding of the individual. Consequently, health is seen not merely as the absence of pathology but instead as the presence of growth-orientedness and a movement toward well-being and self-realization.

"Transpersonal psychology extends psychological research to optimal mental health, consciousness, and its non-ordinary states, and unexplored human potentialities, such as meaning, will, values, creativity, etc." (ETPA, 2002, p. 110). Throughout its existence, transpersonal psychology has held a strong interest in exploring the implications of consciousness and spirituality for health, both physical and mental. As a function of this interest, a great deal of energy has been directed towards the development and advocacy of transpersonally-oriented theory, research, and practice in the realm of clinical and counselling psychologies.

Walsh and Vaughn (1980) suggest that each state of consciousness reveals its own picture of reality, which in turn makes one's perception of reality only relatively real, therefore one's perception of reality is a reflection of one's state of consciousness. What one identifies depends largely on the state of consciousness in which the mind or self are observed. This echoes the overarching idea in quantum theory that *reality is observer created*, or as it was stated by Anaïs Nin, *we don't see things as they are, we see things as we are* (1961). Another concept in alignment with this is one of the presuppositions upon which the field of Neuro-Linguistic Programming is based, namely that *each individual is the co-creator of their personal map of reality* (Bandler & Grinder, 1976). Furthermore, Hartelius & Ferrer (2013, p. 196) suggest that one's *location* in life is their starting point - from where

one relates to one's experiences - giving each experience meaning based on the implications of their starting point. On this basis then, valid perceptions - as agreed upon in Western scientific models have been determined because of their general location, one which is based on the Cartesian subject-object split.

Each individual's personal reality (how one experiences and interacts with the events of one's life) demonstrates that there seems to be no solid or consistent boundary separating one's subjective and objective experience. If one was to transcend the metaphysical assumption that subject and object are separate (which some ASE processes have the potential to do) then what might one experience? Jung's description of the collective unconscious infers that various aspects of the mind or self can be 'seen' as part of one interconnected whole manifesting on different levels. This supports the proposition that the separateness of subject and object is a kind of *optical delusion of consciousness* (Einstein, 1977) resulting from looking at reality through a Cartesian lens. Einstein apparently understood the value of establishing new levels of awareness in order for the world to overcome its problems associated with this dualism. Even if one was to argue that the unavoidable process of internalizing experiences creates the perceptions through which one continues perceiving others and the world as separate, then it would stand to reason that any such perception is constantly changing according to one's experiences. This would mean that a valid perception is only valid within its own situatedness, or to the extent that one is involved in the context of the perception and thereby co-creating the experience. The point here is that the intimate interplay between object and subject can be so interwoven that disregarding it would be undermining the scope of our existence. Transpersonal psychology aims to understand universal reality and our human potential from a point of view that is shaped and formed by the subject-object split as little as possible.

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Anatomy of the Mind

The Conscious Mind & The Unconscious Mind

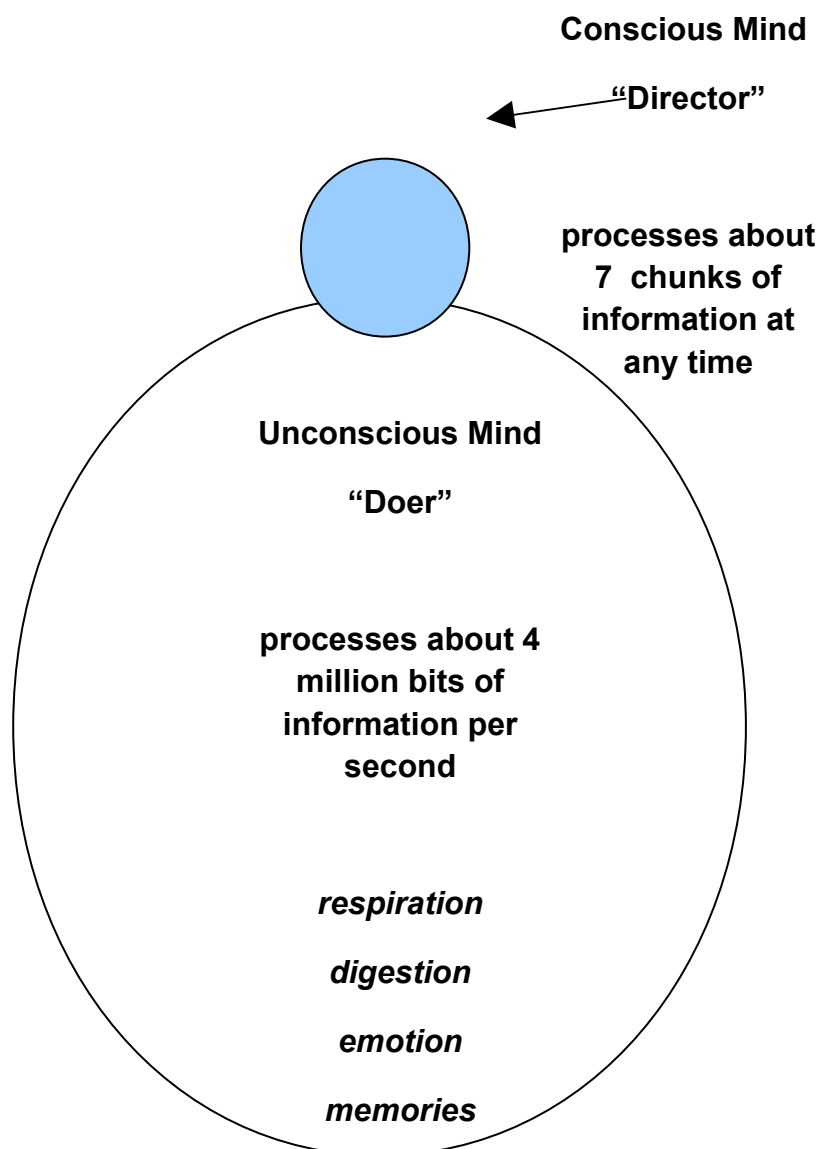
You only have one mind, but there are two main faculties or realms of consciousness that make up your personal mind. These are referred to as the "conscious mind" and the "unconscious or subconscious mind".

One of the keys to living life the way you want, is understanding how your mind really works. Let's start with the basics:

Your conscious mind is that of which you are currently aware. For example, you are probably aware of certain thoughts that you are having right now. Perhaps you are aware of background sounds in the area where you're sitting. Perhaps you are aware of the feeling of your body against the surface on which you're sitting.

Whatever it is that you are noticing right now, you are observing with your conscious mind because your conscious mind is your current awareness. The conscious mind can only hold a limited amount of information. Psychological research suggests that we can only consciously pay attention to 7 ± 2 chunks of information at any given time.

What does this mean? It means that it is a lot easier to consciously think about 3 or 4 things than it is to think about 10 or 12 things. After about 5 chunks of information most people start feeling challenged. If you've ever had to learn something new that involved a lot of details, you may have felt overwhelmed at times. Remember when you learned to drive a car? There was the steering wheel, the brake, the accelerator, the rear view mirror, the driver's side mirror (that's 5 things so far) and perhaps a clutch and a gear shift, not to mention the road or other cars! If you remember feeling overwhelmed, that is because you had reached the limits of information which you could process consciously.



If your conscious mind is your present awareness, your unconscious mind is everything else in the background of your awareness. Every second of your life your nervous system is receiving and processing over 4 million bits of information! Everything you've ever seen, heard, felt, smelled, tasted and thought is recorded in some way in your unconscious mind. Your unconscious mind is the storehouse of all of your memories, beliefs and values. It is like a faithful video recorder which automatically records information 24 hours a day.

Your unconscious mind is also the storehouse of your autonomic nervous system. Your autonomic nervous system is what keeps everything running smoothly when you are on automatic pilot. It handles all of the activities that you don't have to think about in order for them to be done. It controls your breathing, digestion, the pumping of your heart and blood, and your immune and hormonal systems. Just think if you had to pay attention to all of these things in order for them to work? In fact, just pick one, like breathing. If you didn't have an unconscious mind then every breath you took would have to be taken consciously. What if you got so busy with something else and you forgot to breathe - oops!

Your unconscious mind is also in charge of your emotions. For the most part, you don't go through life consciously choosing what you are going to feel from moment to moment. Most people believe that feelings are outside of their control. Feelings just happen. The reason it seems this way is because

feelings are generated by the unconscious mind. Yes, you are creating them, but you are doing so through your unconscious mind. You do it so automatically that at times, it may seem like it's not you who is doing it.

Why should I learn to use my unconscious mind?

Believe it or not, everything that you do, you do unconsciously first. This has been proven experimentally in 1979 when neuroscientists conducted a series of experiments that demonstrated that conscious awareness actually occurs about a half-second after the body registers a particular stimulus. This means that the unconscious registers the stimulus about a half-second before you even realize it has! Because of a phenomenon known as "subjective referral" the conscious mind "refers" back in time and acts like it knew about the stimulus at the same time the body registered it! The conscious mind thinks that now is now - when in fact by the time you realize it, now has already passed.

Everything that you learn, you learn unconsciously before you consciously know and understand it.

One excellent example is walking. How did you learn to walk? You didn't consciously decide to walk. You didn't think to yourself, "Okay, now I'm going to put pressure on my right foot while shifting my weight onto my right leg, while I swing my left arm to counter balance my body to compensate for gravity...." You had people around you who gave you encouragement and through trial and error, you learned to walk unconsciously.

Yet, now as an adult, you sometimes forget that your most important and basic skills like walking, talking, reading and eating occurred before you had the ability to even comprehend what they really were! What if you learned unconsciously first as you did then and let the conscious mind simply have the awareness of what it is that you're learning? Learning to trust and use your unconscious mind again will make your life much easier. Many of the NLP & HNLP processes teach you how to have more direct contact with your unconscious mind so that this is possible for you.

Is my mind the same thing as my brain?

Many people naturally believe that the mind is the same as the brain. Which is, of course, in the head. When I refer to your mind, it's all of you that's being referred to, including your brain and all of your body. This is not yet common knowledge in society, but this has been known by a large part of the scientific community for some time. Your body is as much a part of mind as your brain is. In fact, your brain is just an organ of the body. Your mind is much more than that - it is the comprehensive, organizing intelligence that runs your entire system. It's not just your nervous system, it's all of the communication that takes place inside you, and to some extent, even outside of you.

Over the past 20 years researchers have been studying the vast internal communication network inside the human being. What they have found would make Google jealous.

Every cell in your body is communicating with every other cell through "neuro-peptides." Neuropeptides are chemical messengers that each nerve cell uses to communicate with all the other nerve cells. Brain cells communicate with every other cell in the body. Because of this, every thought that you think is "heard" by your heart, liver, stomach, your immune system, and every other part of your body.

The fibre optics of your internal communication system are nerve cells or neurons. Each neuron is like a standard light switch you have on the wall of your house. It is either on or off. Another way to think about it, is that each neuron is one choice that your nervous system has: either a "yes" or a "no."

Neural physicists have estimated that the number of possible "choices" we have in our nervous system is 10 to the 10^{th} to the 11^{th} . This number is so large that it's beyond conception. It is more than all of the grains of sand on the planet. It is more than all the stars in the night sky. It is more than all of the atoms in the known universe!

Since your conscious mind is designed for making decisions, and your unconscious mind is designed to follow through on the conscious mind's decisions, as well as maintain your body's autonomic functions, then what is it that gives energy to the whole interplay between the conscious and unconscious minds? In ASE we refer to this broader domain that encompasses both the conscious and unconscious aspects of the mind as the Authentic Self.

Mindful Communication

In the following three part article, I will introduce three types of mindful communication and one key factor inherent in each of them.

‘Mindless’ communication plays a crucial role in our personal problems, interpersonal conflicts and global crises. On the other hand, ‘mindful’ communication is effective at cultivating understanding, rapport, trust and responsiveness – which are valuable attributes in any relationship, business, leadership and negotiation, as well as in wholesome parenting, teaching, training, mentoring, coaching and counselling.

Mindful Communication means listening and speaking with compassion and kindness while holding a specific type of awareness. The means to achieve this and the value of that ‘*special*’ awareness are outlined within the descriptions of the following three types of mindful communication:

Mindful Communication type 1 – Intra personal (interacting with self)

Does that monkey in your mind run away with your thoughts?

You’re not alone! We all have that ‘mindless monkey business’ going on in our heads. If you feed it, it will stick around, if you do what I explain below, that monkey will pack its bags and go.

If you’re like most of us, you’ve probably noticed that as you go through life, your mind often engages in a continual stream of internal chatter, known as self-talk. It’s like having an internal narrator commenting on all your thoughts. There’s nothing inherently wrong with this, especially when your self-talk is positive and supportive. Other times though, like when you’re under stress, your self-talk just adds fuel to the fire.

Have you ever talked to yourself and made yourself feel worse than you were already feeling?

Do runaway thoughts keep you awake at night?

This is the type of self-talk you probably want to eliminate.

Here’s how...

This first type of mindful communication enables us to defuse negative self talk, or the inner critic, or runaway thoughts (a.k.a ‘monkey mind’). It will help you to fall asleep peacefully and get well needed rest at night. It is also useful in establishing a functional communication channel with your Unconscious Mind, so that you can understand and act on those important signals and impulses, as well as direct your inner self to heal, perform and attract the results that you want in your life. Self talk generally distracts us from these valuable outcomes.

The interesting thing about unwanted self talk is that the more you don’t want it, the more you have it. Resisting self talk, causes it to persist. So in general, a useful way to eliminate unwanted self talk is to stop feeding it with your attention. Your attention is food for your self talk. A parasite needs the optimal conditions for it to exist, similarly thoughts and self talk require nourishment in the form of attention and encouragement for them to reside in our consciousness. Removing this attention and encouragement causes negative thoughts and self talk to pack their bags and leave.

Our approach is not to try block thoughts or distract ourselves from having them, but rather to change the way in which we are aware of them. Instead of focussing our attention on the content of our thoughts and creating stories out of them or criticising ourselves for having such thoughts, we shift our perceptual frame of reference through *opening the aperture of our awareness*. This results in the unwanted thoughts or self talk losing energy and thereby disappearing.

The skill of [peripheral awareness](#) facilitates an opening of our perceptual frame of reference and creates 'space' around the thoughts. Victor Frankl said: *"Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom."* The spacial awareness that this skill cultivates creates distance between the thinker and the thoughts, thereby enabling one to identify less with the thoughts which in turn helps one to not be affected by one's thoughts or self talk. With practice, the space becomes progressively more easy to tune into and the thought stream tuned out of. With relative ease one can achieve the ability to drop into that serene space at the mere intention to do so. This is a welcomed ability in stressful situations.

Peripheral awareness does not obliterate thoughts or emotions, it creates distance from them so that we can learn from situations, understand ourselves better and respond from a broader perspective. From this space we are less controlled by thoughts and emotions, more able to think creatively and resourcefully or transcend our thoughts completely for the purpose of meditation.

Don't let that monkey get away with your mind anymore!

Those who have participated in my [peripheral awareness research](#), as well as my course participants and clients have reported that this skill is highly effective at calming the mind and body, accessing a state of inner peace and resourcefulness, while becoming compassionate toward oneself and others. This is the intra personal type of mindful communication.

Mindful Communication type 2 – Interpersonal (interacting with others)

The only way other people, including our family and friends, exist for us is through our perceptions. Our perceptions determine our motivations and behaviours. Our behaviour influences the behaviour of those with whom we interact, which in turn influences our perception about them. And so the cycle goes...In other words, the way in which people behave validates our perception of them and so we always get to be right in our opinion about them. On this basis then, our perceptions become self-fulfilling prophecies that keep recycling in our life.

Problems occur in relationships when we get stuck in our point of view. When we refuse to see the situation from other's perspectives as well as a more distant objective perspective, but only from our map of reality, then problems are inevitable. Being able to shift our perspectives between our position and the position of other's as well as an observer (meta) position, as and when needed, will lead to better communication, understanding, respect, compassion and harmony in that relationship or partnership.

Having a multiple perception point of view doesn't mean that you stick around in an unwanted or abusive relationship. It means that you become empowered to act from a broader perspective of what is really going on. You are able to mindfully choose what is in your best interest and the most ecological outcome. This empowers you to take the necessary steps without causing resentment or negativity or any sense of loss.

You are only *response-able* for your own thoughts, feelings and behaviours. When we try change other people's thoughts, feelings and behaviours it often leads to disappointment and suffering. Changing your point of view and therefore your ability to respond differently in a relationship is the best chance you have of having a happy, healthy and successful partnership. Fulfilment in relationships means not depending on someone else. Fulfilment is the privilege of an open mind and flexible points of view. When we realize that at a deep level we are interconnected not only with our loved ones, but also with everyone and everything in nature, then we begin to treat others the way we would like to be treated.

It's important to take responsibility for your feelings and to articulate them. When describing your feelings, choose words that express what you are experiencing, as in "I feel sad, lonely, frustrated, jealous." Avoid using words that reinforce your sense of victimization, such as "I feel neglected, rejected, betrayed." Avoid judging others, you are informing them about your feelings, rather than blaming them for something that only you are responsible for anyway.

The interpersonal type of mindful communication promotes the observation of your internal reactions in relation to the people with whom you would like to interact more positively or resourcefully. This enables you to loosen your identification with thoughts like: "They shouldn't have done that", "They should be more understanding", "Them saying that means they don't care for me", etc. Observing your thoughts in this way also enables you to more easily shift your attention away from limiting perceptions and identify with broader views that show you a greater truth.

This type of mindful communication utilizes the skill of [peripheral awareness](#) to look beyond the person or people that you want to relate to better. This opens the aperture of your awareness by focussing not only on the person/people that you are communicating with, but also on the space around them, as well as the space or energy that connects you with them. Also, by broadening your

perceptual field and softening your gaze, you are able to relate to the whole human being or audience in front of you rather than just their label(s). This cultivates rapport, trust and responsiveness.

[Peripheral awareness](#) promotes mindful communication in all interactions between individuals and groups. This broadened perspective of one's self in relation to others enables the individual to sense a nurturing connection with the other(s). With a broader view that includes the other person's or people's perspective you will have greater freedom to mindfully choose your responses in any type of interaction with people. This is the interpersonal type of mindful communication.

Mindful Communication type 3 – Transpersonal (interacting with subtle realms)

Those in the therapy, coaching, counselling, mentoring, teaching and training professions as well as any occupation that involves a leadership role, including parenting, would do well to hone this type of mindful communication.

There is more to what we think (and believe) we are. We are like waves on the surface of the ocean, no two are the same, yet all come from the same source. This more intrinsic and transpersonal level of our human nature ‘speaks for itself’. Through first accessing this core part of ourselves and then allowing it to be expressed naturally, our communication becomes clear and congruent, we speak with confidence and relate to others with compassion.

Transpersonal means extending or going beyond the personal or individual psyche and worldview that is usually limited by one’s ego. Identifying with this broader aspect of our nature allows us to acknowledge and value the vastness of our own authenticity as well as that of all others.

Communication on this level can take the form of a communion that involves ‘tuning in’, making sense of, and utilizing the awareness that arises from the subtle realms of our consciousness in order to express our [Authentic Self](#). In so doing, we not only enable ourselves to speak from a space of congruence and clarity, we also facilitate such a possibility for those with whom we are in communication/communion with. This process is based on a specific set of [principles](#) that promote transpersonal perspectives, which in turn sharpens one’s intuition and ability to hear, trust and articulate their authentic inner voice (as opposed to the ego’s self talk).

This type of communication requires a high degree of mindfulness, which can be achieved through long term meditation or becoming adept at establishing and maintaining [peripheral awareness](#). In the peripheral awareness mode of perception we are able to identify all present experiences within our field of awareness, as opposed to these being experienced outside of or separate from us. This cultivates a deep sense of interconnection with those we interact with, which in turn cultivates compassion and rapport. This skill also enables us to experience a calm and centred state, whereby we are in touch with our own feelings while being able to empathize with others and remain reasonably objective at the same time. These are important criteria in mindful communication.

It has been reported by Rick Hanson (2011) and John Overdurf (2013) that peripheral awareness enables one to comprehend the more subtle realms of consciousness, where the boundaries between subject and object seem to dissolve and where a sense of unity or oneness arises. Peripheral awareness may therefore serve as a bridge between the ego domain and transpersonal domain, which suggests that it bears scope for transformation.

Through establishing an open, receptive and calm state of mind and body, [peripheral awareness](#), once integrated as an automatic response in interactions with others as well as in challenging situations, one can expect to experience a new quality of life, or as suggested by Walsh and Vaughan (1980), a raised perception of reality. This is the transpersonal type of mindful communication.

The ASE Approach to Crisis Management

This section provides 12 crisis management tips and shows you ways to find creative solutions that lead to positive outcomes.

Introduction

Are you facing a challenge that seems too big to handle? Do you find yourself so deep in a problem that you can't find a way out? Is dealing with physical, mental or emotional issues something that you have to cope with regularly?

As challenging as your current situation may seem, you can rest assured that the resources provided below will not only offer you hope, but also show you ways of changing the way you think and feel, so that new solutions and possibilities become clear and achievable. Not only will you learn effective crisis management skills, you will also learn how to transform crisis consciousness into a joyous and resourceful consciousness.

Psychologist and Philosopher William James said "One of the greatest discoveries of our time is that a man can alter the state of their life by altering the state of their mind."

Crisis Management 1-0-1

A crisis is defined in Dictionary.com as a stage in a sequence of events at which the trend of all future events is determined; a crucial or decisive point or situation; a turning point. Another definition of crisis is a condition of instability or danger, as in social, economic, political or international affairs, leading to a decisive change. A medical definition of crisis is a sudden change in the course of a disease or fever, toward either improvement or deterioration. Crisis has also been defined as an emotionally stressful event or traumatic change in a person's life.

Notice that all the above definitions have something to do with change! Could it be that a crisis means that we're going through a necessary change, but the way we are thinking about our situation makes it painful or prevents us from dealing with it optimally? If we could think differently and feel better, would we have a crisis at all?

I'm not suggesting that you should try to think positively about your situation, but rather investigate your thinking and seek a new perspective from where a different approach is reasonable. It's our un-investigated thoughts and outdated beliefs that make a crisis overwhelming and prevent us from finding a new perspective. Some people blame their past for the way they are now, but really it's not the past that prevents you from being resourceful, but the way your perceptions are presently organized. Your current perceptions determine your next creative development and its direction.

Your present reality is largely determined by how you think about the situation. Your thoughts are internal representations of your external experience. Therefore you create your entire, moment to moment experience of reality in your mind, using thought, that is based on your internal map of reality, which are only your perceptions. This means that you co-create your experience, which also means that you can un-create them or change their direction. You are response-able for your happiness and your unhappiness.

The 12 tips to follow provide crisis management skills as well as ways of attaining new perspectives and resourceful states of mind.

1. Changing perceptions

No problem can be resolved from the point of view of the problem. Often, when people find themselves stuck in a problem, they're simply unaware of solutions that exist outside of their field of vision, because they're viewing their situation from a narrow perspective. Trust that there is a way of viewing your situation from where it can be seen differently. When it can be seen differently, then you can think about it differently and therefore respond to it differently.

With your challenge in mind, ask yourself, what's another way of looking at this? And what's another way, and what's another way and so on...

Keep changing your point of view, seeing the situation from as many perspectives as possible, and sooner or later it will disappear as a problem and take on new meaning in your life.

2. You are always successful

You're either successfully achieving the results you want, or successfully achieving the results you don't want. This means that you're able to ascertain how you do what you do, and therefore you can replace 'how not to do something' with 'how to do something'

Asking yourself these two questions should shed some light:

1. "Which are my thoughts and behaviours that have lead to my current experience?"
2. "Which are my thoughts and behaviours that will lead to the experience I want instead?"

Now you should have a more clear idea of what doesn't work and what does work. Choose to focus on the thoughts and behaviours that will lead you in the direction that you want to go.

3. This is your experience!

The seconds, minutes and hours of what you're going through will never come again, and it's your experience to do with as you wish. First recognize that you're going through an experience and that it's changing from moment to moment. This means you're not stuck in anything!

Stop for a moment, take a couple of deep breaths, and acknowledge that you are a unique individual, occupying a unique space, at a time in history that will never be repeated. You could just wait for your experience to pass, but realize that your life is your responsibility, and your experience belongs to you, and to no-one else.

Some people give their experience to someone else, by perceiving themselves as victims, and thinking "I have to work here / do this / feel this way because of X, Y or Z", but you can realize that these are choices. You don't have to do anything!

If there's something you think you have to do, restate it as "I choose to do X because I want Y." It's your choice, and it always has been. You can rise above it by being proactive. This means making a conscious choice about how you're going to approach your current experience and what you're going to do about it now.

4. Resourceful states

You have all the ability you need to overcome any crisis because there are no unresourceful people, there are only unresourceful states.

Those who fail to think, speak and behave resourcefully are the ones who wait to first feel that way. If you want to feel a certain way, then first change your thoughts, words and actions to match the emotional state that you desire. Here is how:

Based on the mind-body connection, you can rapidly change your mental state, by changing your physiological position. This is why exercise is a great remedy for depression. A quick way to change your mental state now is to change what you're doing with your body. For example, taking a few deep breaths or getting up and moving about will have a direct influence on your thought process.

Have you noticed how a depressed person holds their body? To switch from depression to happiness, lift your chin, look slightly upwards, relax your shoulders, take a deep breath into your belly and let it out slowly while imagining yourself smiling and thinking a positive thought. This could be a temporary remedy for depression and if applied regularly may have a more permanent benefit.

In a similar way you could notice how your physiology matches your mental state in problem situations. Then simply change what you're doing with your body to match the physiology of the state that you'd like to be in. Confidence has a certain physiology, so does happiness and so does calm and relaxed. Assume the typical physiology associated with the resourceful state that you'd like to be in and notice how you think and feel differently about your situation now.

By the way, always make sure that any action or goal setting is done in a resourceful state. It's the energy of your present state that attracts the results you're getting.

5. How to turn fear into excitement

The actual energy we feel in our bodies that we usually call "fear" is exactly the same energy that we call "excitement!" What creates the difference in our experience of the feeling is our attitude toward the feeling or our approach to the emotion.

When we change the way we name "uncomfortable" states, the more approachable the condition is for us to feel and the easier it is for us to experience it, the faster we move through the state to another condition that is more enjoyable. Resistance is persistence, so if you want to rid yourself of unwanted feelings you need to welcome that experience and in so doing its energy subsides.

If we approach undesirable states like crisis, loss, grief or anger with neutral labels like situation, sensation or energy, we will be more willing and able to fully experience those states and move through them quickly and gracefully.

6. Overcoming adversity

If you are willing to look deep within yourself then you will always find positive reasons why you're experiencing what you are. There will be a hidden benefit, something that you're getting from your experience that you unconsciously believe you need.

Becoming aware of this secondary gain enables you to break the behavioural pattern that it's responsible for. This allows you to become more accepting of your current situation and deal with it more effectively, which in turn provides you with opportunities to attract more desirable experiences.

If you want to get to the root of a challenging experience and thereby transform it, ask yourself these 3 questions sequentially:

1. How am I benefitting from this experience?
2. What can I awaken to inside me which changes this experience?
3. From this new perspective, what can I think, feel and do more resourcefully?

Answer the above 3 questions honestly.

By implementing and following through on your answers to question 3, you will be well on your way to overcoming any kind of adversity.

7. Update your map

We are influenced more by our internal maps of reality than by what is really going on out there. Changing our thoughts and mental pictures is the key to greater freedom and flexibility in life.

When we identify our thought structure, and change any one of its elements, our experience automatically changes. Here is an example: If the idea of meeting someone you don't like causes you negative feelings, take the mental picture which you have of that person and adjust the colours, move it into the distance, see the person doing a ridiculous dance to silly music..., and then consider how you will respond when meeting this person. Yes, this can be fun!

If you think a particular situation causes you unwanted feelings, then as you think about that situation, bring your mental picture of it more vividly into awareness. Imagine changing the qualities of that picture the way one can manipulate digital pictures on a computer. Usually making the picture small and distant in your mind already diminishes the feeling associated with it. You may find that making your desired mental pictures big and bright enables you to feel good about them straight away. Through playing with your mental maps you can re-code the way your brain perceives experiences.

In this way you can also neutralize unpleasant thoughts and enrich thoughts that serve you well.

8. The Big Picture

Bring into awareness the context where you are experiencing a crisis. If that situation could be completely resolved, what would be your desired outcome? With that outcome in mind...

1. Imagine that you can look down at yourself in that situation from high up and far away. Get the big picture! Notice how your current experience fits into the greater scheme of things.
2. From this point of view what can you learn? How many more options do you have? What can you do differently?
3. NOW, with your new understanding and perspective in awareness, what is the next smallest step that you can take which leads toward your desired outcome?
4. Allow yourself to feel good about taking that step, and go for it.

9. Future learnings

We've all had the experience of eventually overcoming what used to be a problem. "Time heals" - therefore it is probable that in the future we will overcome our current challenge. The following process entails the creative visualization of going to the future, connecting with relevant learnings and understanding, then bringing those new insights and perspectives back to the present! This is a fun and very empowering process...

Bring your challenging situation into awareness.

1. How are you experiencing this problem or issue right now?
2. How far out into the future would you IMAGINE GOING until you've outgrown this issue and become TOTALLY RESOURCEFUL?
3. Great! Imagine being there now. Become aware of the learnings, insights and resources that you need...NOW.
4. Beyond even this...you can look back on how your life has unfolded perfectly. That's right.
5. Bring all this wisdom and knowledge back with you.
6. NOW...what's the next smallest step that you can take which leads toward your desired outcome?
7. Go for it, take that step and keep your focus on your bright future.

10. The anxiety buster

This process is similar to the previous one, but is designed to help you overcome performance anxiety.

Bring the event for which you have anxiety into awareness. Then...

1. Imagine going way up and over the future until you are well after the successful completion of that event.
2. Now, staying way above and beyond the successful completion of that event, turn and look back toward now noticing that those **anxious feelings are gone!**
3. Now, imagine going down into that event, and make sure the anxiety is completely gone.
4. Notice how your outlook on all the events following this one can change...so each event will build on the success of the next...leading to you being positively motivated. And as you're ready, return back to now only as quickly as your unconscious mind has completed this inner alignment.
5. Think about what used to make you anxious, and notice what's different.

If you notice any sign of anxiety still, then you may need to repeat this process a few more times to release it fully.

11. Turn crisis into opportunity

The Chinese phrase “zhuan ji” means "turn for the better" or "turn into opportunity".

It reminds us that a threatening or uncertain situation has within it the potential for growth and a positive outcome. We have the power within us to see challenges as stumbling blocks or stepping stones.

To turn any problems associated with uncertainty into “zhuan ji”, become comfortable with the unknown, as this is the space from where creative energy and new opportunities materialize.

Allowing fears associated with the unknown to be felt without resistance, lets them pass naturally and enables us to become unstuck. This frees our mind to discover options and choices that lead us to more easily achieve our desires. Tomorrow's uncertainties are today's reality. It's what we do with today that determines tomorrow.

Start by expanding your comfort zone. Do safe things that usually intimidate or frighten you, until they become easy. Eventually you'll be able to do things that you never dreamed possible. Then you'll find that the uncertainties which life presents become opportunities for you to expand and grow.

Right now your perceptions are shaping your existence and forming your model of the world. Are you being limited by your own map of reality, or are the filters through which you view life providing you with the experience you'd like to have. Remember, you can always update your map.

12. A certainty about uncertainty

New possibilities and creative thinking emerge from the field of uncertainty.

If you know exactly what lies ahead of you then you may tend to think and behave in set ways - which may in turn limit your perception, spontaneity and creativity. If you don't know what lies ahead, then to the extent that you can remain comfortable with uncertainty, you will be more able to flow with the natural unfolding of life's purpose for you.

In this day and age what's there to be certain about anyway? These are times of rapid change and transformation – very frightening for those who insist on knowing what tomorrow will bring - and so it will remain until we learn to become familiar with the unknown and in so doing tap our creative ability to mould and shape our destinies more fluidly. Stress and anxiety arises when what we think we need is threatened by the possibility that we might not get it or lose it. A sense of freedom, inner peace and resourcefulness is the experience of those who are able to embrace the fact that every experience is a changing one.

Many people experience personal breakthroughs the moment they give up trying to have things a certain way. This is not giving in to a situation, it's the realization that we don't need to have all the answers and we don't have to try to control how things turn out, and that's okay. This moment of acceptance leads to new perceptions and possibilities arising in awareness that had previously been blocked by rigid thinking.

Sometimes we need to get out of our own way so that we can see where we are and where we're going more clearly.

The next time you face uncertainty, if you want to move through it more quickly and gracefully, then try approaching your situation as follows:

Realize that in the context of your whole life, what you know is always going to be a tiny island in the infinite ocean of what you don't know. It's from what you don't know that new ideas, opportunities and solutions to problems arise. Therefore allow yourself to feel the feelings associated with not knowing, as this is how you embrace uncertainty. Giving yourself permission to feel those feelings is how you release them from your body and free your mind to identify the best way forward.

I'm not suggesting that you stop planning and organizing things in your life. However, I want to bring your awareness to the fact that no matter what your experience is, it's always a passing one, and therefore you never have to feel stuck or helpless. Embracing uncertainty means embracing life, and in so doing becoming more agile and experiencing more aliveness.

What's stops you? Embrace it!

Approaching Change The ASE Way

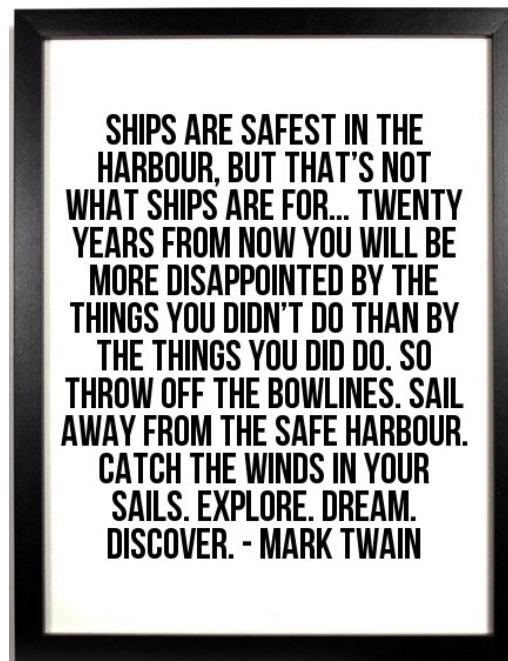
CHAPTER 1	Introduction
CHAPTER 2	Re-flexions on Change
CHAPTER 3	Beyond Goals
CHAPTER 4	Embracing Uncertainty
CHAPTER 5	The Paradigm Shift
CHAPTER 6	Creating Your Future
CHAPTER 7	Dealing with Change
CHAPTER 8	Conclusion
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CHAPTER 1 – Introduction

This section provides ideas and practical approaches to dealing effectively with change and transition in life along with the uncertainties that this brings.

Chapters 2 to 6 share the ASE philosophy concerning change along with some ways of thinking about change that makes this natural phenomenon less frightening and more welcome in your life.

Chapter 7 includes a list of 14 brief ASE processes which will help broaden your perspectives about change and connect you with creative inner resources to overcome the challenges that change typically presents, while enabling you to deal with them resourcefully.



CHAPTER 2 - Re-flexions on Change

Where wouldn't you be and what wouldn't you have accomplished were it not for making some pretty big changes in your life? Sometimes we choose change and sometimes it seems like it chooses us. In any event, it's always our response to change that determines our success or failure.

If you're not satisfied with your current situation – make a change! If you can't change your situation, then change the way you think about it. Most often expanding your view of the situation will enable you to respond to it more wisely and resourcefully. Therefore appropriate changes within us are usually the best way of achieving the external changes that we want.

What significant changes are you going through in your life? What do you think about them and how do they make you feel? Whether we like it or not, change is necessary for us to survive and to evolve. The experience of change is a part of being alive. After all, the only constant in life is change!

Everything in nature goes through a continuous process of change including you. In fact, you are not the same person that you were at the beginning of this sentence. That's right!

Each and every moment your body composition is changing. Metabolism occurs at cellular level and new cells are forming all the time, while old cells are dying and being transported out of your system. Every part of your body is made up of tissues which are always "on the move", adapting to stimuli and transforming themselves. All you are is change!

Right now you are holding on to beliefs about your identity, and these beliefs become self fulfilling prophecies, ensuring how you experience yourself and your life. This creates an illusion of continuity and familiarity, but mindful attention does expose the changing nature of everything in life.

Change is constantly occurring not only on the physical level, but simultaneously on the mental and emotional levels too. The only reason why we experience repeating thoughts and similar outcomes in our life is because our neural networks (the information channels in our brain and nervous system) are so familiar with our conditioned model of the world, that we've established habitual responses to our experience of life.

Some of these habits are useful and sometimes they prevent us from being open and receptive to new ideas and creative energy. This phenomenon occurs because as children we were conditioned to accept things as per the "laws of reality" which dominated in our society and in the minds of our caregivers. Often we end up adopting outdated maps of reality, and so history repeats itself and our progress is stunted. In this way limiting beliefs about who we are and what we are capable of become engrained.

Your current thinking regarding your abilities, your financial status, your identity and your life is mostly habitual. These thought patterns become programmed in your unconscious mind, and they drive your behaviour on a daily basis.

These programs or mindsets came from outside sources and we often accept them without question. Many times our mindset contains lack and limitation because a parent, teacher, minister or another person we respected, wanted to protect us from disappointment. They told us to "be realistic," "don't expect too much," "life is hard" and many other disempowering beliefs. The moment you accept their programs, they drive your behaviour and often limit your results.

Each of us is frequently exposed to creative opportunities and new possibilities, but our conditioned mindsets filter them out.

Have you thought about why people keep getting into the same kinds of relationships, having the same kinds of arguments, encountering the same kinds of bosses, and so on?

According to neurobiologist Candice Pert, when receptor sites on our cells are repeatedly bombarded by neuropeptides, they become less sensitive and require more neuropeptides to be stimulated. Neuropeptides are chemical messengers that each nerve cell uses to communicate with all the other nerve cells. Brain cells communicate with every other cell in the body. Because of this, every thought that you think is "heard" by your heart, liver, stomach, your immune system and every other part of your body.

Receptors actually begin to crave the neuropeptides they are designed to receive. In this sense, our bodies are addicted to emotional states. When we have repeated experiences that generate the same emotional response, our bodies will develop an appetite for these experiences. Like addicts, we will draw experiences toward us that give us a fix.

Good news is that while the brain was previously thought to stop developing during childhood, exciting new research shows that we continue to rearrange connections between brain cells (neuroplasticity) throughout our lives. More exciting research shows that we are able to produce new brain cells (neurogenesis) throughout our life as well. We can change because neurons are inherently flexible and regenerative.

You can stop in those deeply worn ruts of that well traveled road, take a moment, using all your senses, and become more consciously aware of where you are and where you're going. Allow the flow of present moment awareness to inspire your mind. Pay attention to the options, ideas and synchronicities which don't occur to you when you're plodding along that well beaten track of habitual thinking. Now you can notice how new opportunities will light the way to alternative routes which lead to more desirable destinations. This is how old habitual tendencies begin to transform.

Change is always occurring. The trick is to become aware of change as it happens and channel it in a way that serves your purpose. As you awaken to this awareness, you can consciously begin moving with the unique flow of your life, riding the wave that's rolling in just for you or you can continue trying to make your own waves, in the same old fashion, and continue getting the same old results.

Change is life in the making. Yet, we fear change because of the uncertainty that it brings. Many human beings are terrified of uncertainty because it represents the unknown. This fear keeps us stuck within our comfort zones - which in time become awfully uncomfortable, as it's our comfort zones that degenerate our souls.

However, because it's in our nature, we can't resist change - it's part of what makes us human. So we have to face change. The paradox is that on one hand we thrive and feel alive because of this phenomenon and on the other hand we are frightened to the point of death by it.

Have you ever stopped to question which part of you fears change?

The challenges of life are a call to change. Perhaps the kind of change being asked for is not merely a change in the way we live and do things, but in the way we are. For how we are affects how we do what we do.

A useful strategy for navigating through change successfully might be to become less focused on what we're achieving and acquiring externally, and to turn our attention to who we are becoming in relation to our experiences. In this way we shift our focus away from the egos agenda and expand our awareness of our deeper potential.

When we place our sense of who we think we are with outer things, thereby disconnecting from who we *really are*, then we will inevitably feel pain and insecurity when our outer things get threatened, damaged or taken away.

In one form or another change is inevitable. There is no way around, over or under change without making a change. Often times people perceive that it's necessary to change others or external circumstances so that they can feel better. When they don't sense a reasonable means of achieving this, they begin to experience the symptoms of fear, anxiety and dissatisfaction. They feel stuck, their thinking becomes narrowed and their awareness shrinks down to what's necessary for merely keeping their head above water.

This is not the experience of being truly alive. In fact I consider this to be more of a death penalty that we put upon ourselves out of ignorance. This is the result of unresourceful beliefs and limiting perspectives. And it's the kind of scenario that many people find themselves in these days.

So is there a way to move gracefully through change and achieve our desires in life? Yes, certainly!

Charles Swindoll says: "We are all faced with a series of great opportunities brilliantly disguised as impossible situations".

The possibility to have what we truly desire is presented in each moment of our life, but many people seem to need a challenging situation to launch them to a higher level of awareness so that they can progress toward their goals. However, what we truly desire is never an object, person or circumstance, but how we believe that object, person or circumstance will make us feel.

In fact, it's the experience of your desired feelings or emotions that enables you to not just survive, but thrive through change.

Good news is that your fear of change can change too. As you're about to discover in the coming pages...

CHAPTER 3 - Beyond Goals

People often think that by achieving a goal (externally), they'll feel a certain way (internally), and so they become fixated and almost addicted to achieving the goal so that they can have the feeling which comes with it.

Unfortunately this feeling is very short lived and so they go on setting more and more goals, galloping toward each one like a horse on a race track with blinkers on. This behaviour narrows their perspective and strives only to fulfil ego based desires. In so doing, they lose focus of all the opportunities in their periphery and pay little attention to other areas of their life that may be important.

I believe that one of the greatest sources of human suffering in the world is our attachment to the illusion that only by doing or acquiring something we can then experience what we desire. When we think that only through some kind of achievement or acquisition we can feel a certain way, then we've doomed ourselves to mental slavery. The reason for this is because nothing outside of us can ever provide us with what's most important to us.

When our emotional state is determined by other people's behaviour, then we've given our power to external circumstances over which we have no control. When we give up trying to change others or expecting them to make us happy, we free ourselves from the grip of delusion.

Thinking and behaving in ways which affirm that we don't already have what we desire is the poverty consciousness that ensures of our hardship. To escape this dilemma many go about setting goals, thinking that we will feel better when we get certain things or circumstances. These goals, whether achieved or not, can never sustainably provide us with the feelings that we desire.

The key to experiencing our desired feelings is to be in the mental and emotional state that's associated with the achievement of your goal upon setting your goal, and along each step of the way towards its fulfilment.

Experiencing the external results that we want in life, begins by changing our inner model of the world to match this. This means that when we take control of our mind, we will then be in control of our results.

To take control of our results we must first identify the feeling that we'd like to experience by achieving those results. Then we can associate into that desired state by acting as if we're already being that successful person. This is the state that inspires the next steps toward fully achieving our desires.

To elicit a resourceful state, ask yourself: "Who do I need to become in order to attract the people and circumstances that I want in my life?"

How will you think, feel and behave when you've become this person? Start acting the part and you'll be accessing the necessary state that enables you to achieve your desires.

For example:

If your goal is to lose weight for the purpose of feeling good about yourself, then connect with the experience of feeling good about yourself first. You can achieve this by fully associating into a memory of feeling good about yourself, or imagine what it would be like to feel good about yourself while shifting your physiology to resemble your feeling good state.

In this way you will achieve the state associated with the outcome of your goal, and you may find greater motivation to do what it takes to lose weight, or you may even decide that losing weight in order to feel good about yourself is no longer so important – because you will have learned how to feel good about yourself now.

Only consider what your next steps are toward the achievement of any goal while you're in a resourceful state. What we resist persists, therefore being in a negative state when setting goals drags that old energy along and recycles unwanted patterns.

People have all the ability they need to succeed. Each of us has available to us all the resources that we need to achieve whatever we want in life. There are no un-resourceful people, there are only un-resourceful states.

The key to overcoming adversity and thriving through uncertainty is an ability to get into a resourceful state before taking any kind of action. It's useless trying to achieve a particular state in order to experience it. Experiencing your desired state now is how you will achieve it.

To get what you want, first become a vibrational match to that experience. In this way you'll be resonating the energetic frequency that attracts your desired outcome. Your current physical, mental and emotional state determines your vibrational resonance.

How you feel is determined by how you think, speak and behave. If you want to feel a certain way, then first change your thoughts, words and actions to match the state that you desire. Pretend to be resourceful, and soon you'll have it mastered.

Why do we sometimes fail to achieve our goals?

Often the goals we set up for ourselves are distractions from what we fear most in our lives. We therefore keep trying to move away from what we don't want (fear), and continue setting new goals to avoid experiencing the negative emotions which we drag along with us anyway. Setting a goal or deciding on a plan of action while in an unresourceful state will only bring us more of that undesired condition later on.

The answer to this is:

First deal with any negative emotions, then shift your thinking onto what you want instead. Once your positive outcome is clear in awareness, use the ASE methods to shift into the relevant resource state and allow that state to inspire the ideas and actions that enable you to live it fully!

This is not something you do just once to become enlightened. It's an approach to living authentically Self empowered that you bring to life at any given opportunity. It's a way of being!

CHAPTER 4 - Embracing Uncertainty

Q: What causes human beings to focus completely on future goals, and thereby miss out on the experience of life in the present because they've become so attached to the achievement of those goals?

A: To avoid uncertainty.

Q: What will always be bigger in the Universe: The KNOWN or The UNKNOWN?

A: No matter what we think we are, we are always more than that. Therefore the UNKNOWN is always far greater than the KNOWN. That's why certainty will never be more than a little island in the infinite ocean of uncertainty. And this is why uncertainty keeps showing up in our life.

Hazel Henderson tells us that if we can recognize that change and uncertainty are basic principles, we can greet the future and the transformation we are undergoing with the understanding, that we do not know enough to be pessimistic.

In my opinion, we'll never know more than we don't know, so what's the point in trying to control circumstances that are beyond our circle of influence?

Consider the significant achievements, breakthroughs, discoveries or epiphanies in your life...

What state were you in just prior to these experiences?

Surely it was some form of uncertainty, confusion or overwhelm. The reason for this is that the states associated with uncertainty are the gateway to new levels of insight and awareness. It's out of the unknown that new possibilities arise.

So learn to welcome uncertainty and become comfortable being right on the edge of your comfort zone. You'll discover groundbreaking new ideas and options to the extent that you can be on that threshold looking out into the unknown, and allowing things to be as they are. In the words of Claude Bernard: "Man can learn nothing except by going from the known to the unknown".

One definition of insanity is trying to get a different result by doing the same thing over and over... Quite honestly, if you want something different, you've got to do something different!

Sometimes we don't like our current situation and so we try escape or suppress it through hopeless means like alcohol and drug use, moving away or weak attempts to think positively about it. What if your current situation is exactly what you need in order to get the learnings and experience that you require so you can achieve your desired feelings?

The I Ching states that: "It is only when we have the courage to face things exactly as they are, without any self deception or illusion, that a light will develop out of events, by which the path to success may be recognized."

The grace and intelligence of the Universe, God, Consciousness, The Higher Mind or whatever name you like to give this energy, always provides us with the opportunity to change and become more. Each and every moment of your life you're either missing or harnessing an opportunity. Each and every moment of your life presents the opportunity for you to learn, to expand and grow. When we ignore, resist or back away from our present experience then we turn our backs to opportunity. The

good news is that no matter how often you turn your back, opportunity will always stare you in the face. So why not be curious about it, and in that curiosity you'll be inviting opportunity.

Albert Einstein once said: "In adversity lies opportunity." Adversity shatters our complacency. It breaks up the concrete of our habitual ways of thinking and opens our minds to new possibilities. Instead of operating automatically from old habitual reactions to fear, we can choose to respond creatively. Within our creativity lies hope itself. This is our opportunity.

As you hear the outside news, notice what your inner news is. TV, the Internet and conversations may be provoking an internal negative picture and anxious feelings. Question yourself if you are painting a totally gloomy picture of the future. Is this negative outcome necessarily true? What are all the creative possibilities that you haven't thought of, until now?

If you have a presenting challenge in your life, think about it like this: Once you have totally overcome that obstacle, being above it all and looking ahead to a bright future - what are some alternative ways to deal with your current situation that make you feel better and are good for you?

Now see how many new and positive ideas you can come up with...

Tomorrow's uncertainties are today's reality. It's what we do with today that determines tomorrow. And the sooner we can embrace our reality, the sooner we'll be living in harmony with the way things are, today and tomorrow.

CHAPTER 5 - The Paradigm Shift

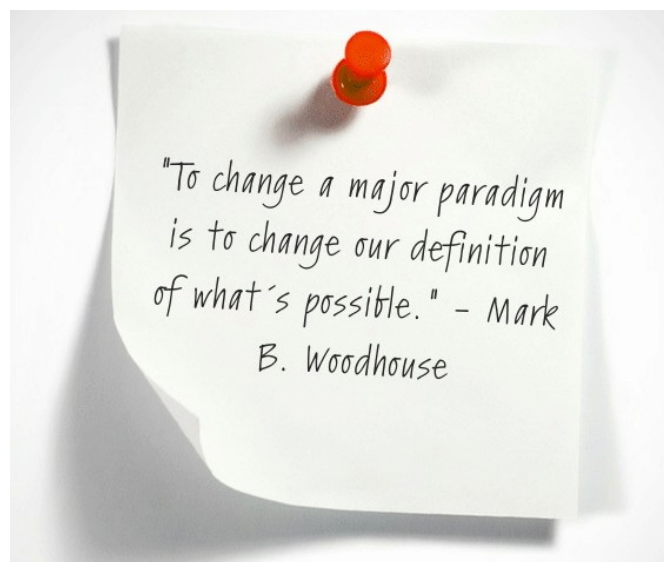
Many would agree that we are going through a phase of tremendous transformation in the world today. However there are still some prevailing mindsets that prevent many people from shifting their perceptions to new and more holistic views that will serve them better in this day and age.

What's your predominant mind set and attitude towards life?

Do you ever think or say things like: "I can't do it", "It shouldn't be this way", "Life is unfair", "That makes me angry, sad or jealous, "What have I done to deserve this?", etc ...Argue for these things - and they are yours!

Practically entire populations have become fixated on the problems of the world and a bleak forecast for the future. And as we immerse ourselves in fear based thoughts and conversations about limitation and loss, guess what keeps showing up in our life?

Our predominant collective consciousness forms our existing paradigm. Look at our state of affairs. Isn't it time for a paradigm shift?



We are at the threshold of a paradigm shift. Our future on this planet will depend on what paradigm prevails. When Einstein said, "You cannot solve a problem from the same level of thinking on which it was created", he was referring to paradigms. What is it that makes a paradigm shift possible?

World-views emerge to deal with the challenges of that time. For an emerging new worldview to take hold, the majority of the population has to realize that its current way of thinking is inadequate to solve the problems it faces.

We are being challenged to develop non rational intelligences if we wish to thrive in this rapidly evolving era. This means that common sense and absolute fact may well be artefacts from an outdated paradigm, while becoming comfortable with uncertainty may be our path to a new one.

There is no magic potion to cure the situation in the world. There is no quick fix, no ultimate solution and no hero to make it all go away. No amount of suppressing, pretending or hiding is going to

distance us from our current affair. That's because the twists and turns of life are not a problem to be solved but a reality to be experienced.

Our wonderful world with all its beauty, opportunity and splendour, along with the current state of our global economy, crime and conflict is the one we're living in. It is the way it is because of the way we are. Our minds create our reality.

Of the roughly 60 thousand thoughts that we have per day, 95% of those thoughts we had yesterday and the day before, and the day before...Since its now quite common knowledge that our thoughts create our reality, it seems as if we're often living our lives like caged hamsters running mindlessly in a wheel.

Some of us hope that we'll outrun reality and reach some fabricated goal that's supposed to be the solution to all our problems, and never is (the house, marriage, job, etc). So we remain in our cage of illusory safety and security, hoping and praying for a better day. We could think outside the cage and open the door to new possibilities, but why would we when our familiar comfort zones (despite how uncomfortable they may have become) seem a lot safer than the unfamiliar world out there? So we go about hastefully planning and organizing our lives based upon our adopted beliefs, many of which don't serve us in becoming happy, fulfilled or successful.

The survival strategies of yesteryear are not the means to thriving in our new paradigm. Those of us operating in these outdated ways will probably hit a stumbling block sooner or later and the world as we know it will likely come crashing down.

When we change ourselves by changing our thoughts we will see a new world and that's what the world will then begin to become. The more there are of us awakening to our deeper potential, the more we will begin to experience a world that everyone wants to be part of. And it begins with you!

Commit to sever your relationship with thoughts of limitation and loss. Quit running in the old hamster wheel and be brave enough to leave your familiar cage. Begin to think and behave like the successful and prosperous person that you can be.

There's nothing to fear! Uncertainty can't harm you. It's useful and even necessary. The hopeless attempts to escape our reality are what prevent us from seeing the opportunities and creative solutions that arise out of uncertainty.

I'm told that more fortunes are made during depressions than any other time. I suppose that's because when everyone else is giving up, there's a special breed of people who decide to embrace their reality and take control of their destiny regardless of mainstream mindsets. These people surround themselves with success minded people who have a consciousness of abundance. They seek out and discuss opportunities that everyone else is overlooking and they remain proactive. Most importantly, they trust their inner guidance and live from the edge of their ever expanding comfort zones.

You may ask: "So how can becoming comfortable with the unknown and embracing my reality make a difference to my financial security and well-being"?

The answer is: Because you will be changing how you relate to money and how you respond to the challenges that life has presented you with. Instead of getting stuck, you will be breaking the pattern of outdated thinking and opening yourself up to the endless possibilities that this moment brings.

The next thing to realize is that this is only a phase, and like all other phases it will pass, and in the end you will be ok.

In light of the above ideas, you may as well look to the end and envisage yourself as the person who made it through, in fact, it might be a useful to imagine your future self as totally successful. The possibility of being successful in your future is strengthened through your imagination thereof. Then, as your successful future self, you can look back on your current situation and notice how you got through and how you harnessed the opportunities that lead to your success. Then while you're enjoying the afterglow of your internal shift, consider what your next most important step is that leads toward the future success that awaits you...Take that step and you will be on your way to achieving your desired outcome.

Finally, take some time each day to count your blessings. Feel sincere gratitude for what you've got, as this is a powerful way of attracting more of the good stuff. Say 'yes' to your current experience, tune into your inner wisdom and your awareness will be raised to higher levels. In this way you'll be shifting your paradigm and in so doing you will have a positive influence on others and the world.

The future belongs to those who believe in their dreams today!

CHAPTER 6 - Co-creating Your Future

Whether we do it consciously or unconsciously, we co-create our future.

When we become comfortable with the unknown and see it as an opportunity to create a brighter future, then we tune into our deeper potential to attract desirable circumstances.

First, you must recognize that everything in your life is happening perfectly the way it's supposed to. If you think it isn't, then of course it won't be, because you'll find the evidence to prove it! Targeted thoughts become self fulfilling prophecies and so we always get to be right.

Everything is perfect, even in its imperfection. Problems arise with our thoughts and reactions to our reality. When our thoughts are out of alignment with our reality, then we think that our situation is other than it should be. As Byron Katie says, this is "arguing with reality" and it's an argument which our egos always lose. Our current experience is the one we are meant to be having, that's why we are having it. So seek to find how each of your experiences is in some way benefitting you. Were it not for some kind of benefit, you would probably not be having the experience that you are. Shakespeare's immortal words, "there is nothing either good or bad, but thinking makes it so", also suggest that it's our thoughts that determine our experience.

How often do we pause and reflect on the assumptions and judgments that run in our mind. Are they necessarily true? Do they serve us in achieving the results that we want? Perhaps the greatest of our personal problems that we face in the world today are based upon the way we view the situation, the thoughts we have about it and the way in which we react to those thoughts.

Maybe we wouldn't have any problems if our perceptions weren't limited to selective points of view. Quite possibly, we could free our minds and empower ourselves to be the change that we want to see in the world once we're able to *shift gears* in our neurology – so to speak. What I mean by this is that when we are able to take a stance that enables us to be with things as they are, see the bigger picture and thereby respond resourcefully – then we will be able to rise up to any challenge that life presents us with.

My personal belief is that life only presents us with challenges that we are able to deal with. We are ready for the problems that we face, that's why we face them. We may even need these problems so that we can learn something meaningful (usually about ourselves) from them. Richard Bach said: "There is no such thing as a problem without a gift for you in its hands. You seek problems because you need their gifts."

You can probably think of some past experiences that seemed to be a real problem for you at the time, and now in hindsight you can identify the value of those experiences in your life. In this sense we don't have a problem, only a situation to adapt to so that we can become more of who we are. The experience itself is an indicator of what we are ready for and capable of. It's only our limited perceptions about ourselves, others and reality that prevent us from identifying the opportunity within our midst.

Suggestion: When you face your next challenge, embrace it and allow it to be a springboard to new levels of awareness and fulfilment in your life.

We can't control what's happening around us, but we can control what happens inside us. Our past experiences become our current beliefs about reality. Our current beliefs influence our state of mind

and our behaviours, and this is how we form our future. So to consciously co-create your desired future, first update any limiting beliefs to new appropriate ones that are aligned with the results that you want to experience. What do you need to believe about yourself and your capabilities in order to create a bright future? Become familiar with this resourceful part of yourself and allow it to inspire your thoughts and actions.

Albert Einstein said that “imagination is the greatest creative force in the universe”. Commitment to your inner pictures is the prophecy of what you shall one day become and achieve. You can predict your outer life tomorrow by looking at your inner self today. You can change what’s in front of you by changing what’s inside you.

Remember, you co-create your future, so choose to make it a fantastic one!

CHAPTER 7 - Dealing with Change

Regardless of the challenges that you're experiencing as a result of change in your life, the following set of 12 brief Authentic Self Empowerment and NLP skills are designed to help you think and behave more resourcefully in relation to your situation.

I have condensed some comprehensive methodologies to provide you with a simple yet effective set of attention shifting processes which are designed to help you transcend the way you normally perceive and react to the uncertainties that change brings.

Skill 1

Emotionally Intelligent Leadership

What's the wisdom of your body telling you right now?

When you find yourself feeling distress or wanting to react to "negative" emotions - close your eyes, take a few deep breaths and feel the sensations in your body. Shift your attention off your thought-stream and avoid labelling the feeling or emotion, just observe your direct experience of it.

In this way you allow any unwanted energy to pass instead of trapping it through hopeless attempts to resist or suppress it.

Welcome the emotion and its lesson, and be mindful of any need to react. Everything happens for a reason and the key to gaining a constructive learning out of your experience is through how it makes you feel. You will know you've got the learning when you feel better and that type of issue no longer recycles in your life.

Discipline yourself to only respond to a challenging situation once the unpleasant emotion has passed. The emotional state behind your behaviour is what influences your effectiveness and attracts more of the same.

In choosing to witness our unpleasant feelings and reactive thoughts without identifying with them, we become less overwhelmed by them and more aware of our unconscious instincts. This awareness allows us to make clear and conscious choices about each situation in our life.

Regular practice of this skill is a useful way of "tuning in" and becoming familiar with the inner workings of your higher intelligence.

This approach to dealing with the common challenges of our time is essential to Emotionally Intelligent Leadership – of yourself and therefore of others.

Skill 2

Say it the way you want it!

We become what we think about, and it's mainly our unconscious thoughts that bring about our results. What turns thought energy into tangible and physical reality are the spoken words which we use to express ourselves. What we say and the words we use, are largely what determines our success or failure in life.

If you're constantly talking about what you don't want – that's what will keep showing up in your life. Make positive statements about the results that you want to achieve and keep your focus on your desired outcomes.

IMPORTANT: Be grateful for the experience you're having. You're choosing what it means to you, and therefore you're creating the experience - internally. So you may as well appreciate your power to create each moment of your life on the inside, because that's what attracts its external match.

When your words are aligned with your congruent feelings and actions - anything is possible!

Skill 3

People have all the ability they need to succeed.

There are no un-resourceful people, there are only un-resourceful states.

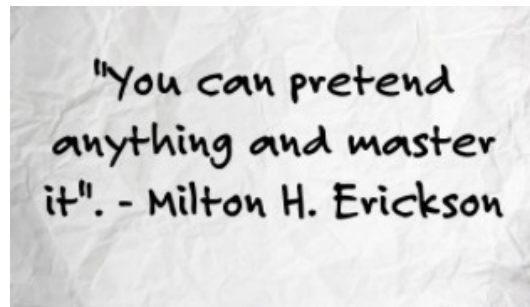
Your thoughts and behaviours are motivated by your mental and emotional states. The energy of your present state is what attracts the results you're getting. So always make sure that any action or goal setting is done in a resourceful state.

The quickest way to change your state is to change your physiology. An effective way of achieving this is to either take a few deep breaths or get up and move about.

Have you noticed how a distressed or depressed person holds their body? To switch from depression to happiness; lift your chin, look slightly upwards, relax your shoulders, take a deep breath into your belly and let it out slowly while imagining yourself smiling and thinking a positive thought.

This skill is a useful way to break distressing or depressing patterns of thought and behaviour. Regular practice will enable you to transform unwanted states into resourceful states and therefore positive outcomes.

In this way you're able to make clear, creative and empowered choices about each situation in your life.



Skill 4

Doing "The Right" Thing!

How will you be as a person when you have achieved all your desires? This is the experience of the Authentic Self. It's the foundation of our core values as well as Self love, Self motivation and Self empowered performance. When we are familiar with our core values and operate on the basis of what is most important to us, we live in alignment with our Authentic Selves.

When we allow ourselves to be influenced by other people and external circumstances, we give away our power. The result is that our physical, mental and emotional states become determined by the world around us.

To inspire value driven behaviours throughout your day, and especially when wanting to make clear decisions and be proactive, try the following:

When deciding on your next action, first pause and centre yourself (by taking a few deep breaths and bringing your awareness into your body). Once your mind and body become calm ask yourself:

"What is the most important and productive thing that I can do right now?"

Allow the appropriate insight to arise in your awareness...

What comes to mind most vividly and feels "right" is what's most appropriate.

Even if it means not doing anything, but rather Being Present with your circumstance as it is, whether interaction or inner-action or both, it will be the best thing for you!

Skill 5

Authentic Action

Think of a problem or issue or challenge which you're currently facing.

Now consider the following:

Completely above and way beyond all that, what is important to you about your life...?

Bring this core value of yours vividly into awareness and imagine becoming this person now. Change your body position and expression to resemble that of your resourceful self. What do you see, hear and feel as this person?

Now as this person, what is the next smallest proactive step which you can take toward overcoming that old problem?

Allow your achievable next step to come to mind.

This is Authentic Action and it will lead to your following steps to success, so commit to taking this one step, and go for it!

Skill 6

Inevitable success

You're either successfully achieving the results that you want or successfully achieving the results that you don't want. Either way you've got a successful strategy!

Notice how you're successfully achieving results that cause you unhappiness or dis-ease. Identify any limiting beliefs you have about yourself with regards to a particular situation. These are beliefs like: "I'm not good enough", or "I'll never make enough money doing what I enjoy", or "life is hard" etc. What physical, mental & emotional state do you find yourself in when believing such thoughts?

Now leave those thoughts, by clearing them with a few deep breaths or moving about a bit.

When you've done that, shift your thinking to what you would like to experience instead?

How will you be as a person when you've made the change? What will your new experience be? Go ahead and shift your physiology, breathing and thoughts to that of how you will be when you've made this change. Notice how resourceful you're becoming and how many new positive choices you can make now.

Do this every time you experience unwanted states until they're something of the past. Yes, that's change in the making.

Skill 7

Become a pattern detective

Our thoughts and memories have a pattern to them.

When we identify that pattern or thought structure, and change any one of its elements, then our physical, mental and emotional experience automatically changes too.

Here is an example: If the idea of meeting someone you don't like causes you unpleasant feelings - take the mental picture which you have of that person and adjust the colours, move the picture into the distance so that it becomes small, and for fun, see the person doing a ridiculous dance to silly music. You can also imagine spinning that picture around.

Once you've played with that image enough and made some distinct changes to it, then consider how you'll respond when meeting that person next time.

Doesn't this feel different? You can always adjust the qualities of your mental pictures (internal representations) until you feel better about them.

In this way you can also neutralize unpleasant memories and enrich memories that will serve you.

Skill 8**The map is not the territory.**

Our mental maps of the world are not the world!

We respond to our maps, which are our internal representations, rather than directly to the reality of a situation. Mental maps, especially feelings and interpretations, can be updated more easily than the world can be changed.

How well are you able to appreciate other people's maps of the world? Do you often think of your map as the absolute reality? When we change our internal maps, we change what we're capable of externally.

Before drawing any conclusions about anyone, aim to view the situation not only from your perspective, but also from other people's points of view as well as from a more distant observer's point of view.

This way your mental maps become a more accurate representation of your reality.

And remember, even the best maps are still not the territory!

Skill 9**Feeling stuck, uncertain or unsure which choice to make?**

Try this:

When you've made a decision, and it's the right one for you... How are you as a person?

Spend a moment seeing, hearing and feeling what it's like to be this person.

Now, as this person, what's the right decision for you (in your stuck or uncertain context)?

Go with the first impulse or impression that comes into awareness, and follow your bliss.

Skill 10**Take a turn to Change**

As an ASE Facilitator, I often hear my clients describe their problems in a way that makes them appear to be the problem.

For example, one might say: "I am depressed", or "I am lonely", or "I am stressed". They believe they have become these conditions, and so they experience this to be true because of their beliefs and self fulfilling prophecies.

In truth, one has to know the opposite of an experience to have any experience at all. For example - to experience sadness, one has to know what it's like to be happy, and to experience loneliness one has to know what it's like to be in a meaningful relationship.

We habitually feel certain emotions because of our addiction to them. We become addicted to the neuro-chemicals of those emotions due to our identification with those states.

You can start to break addictions to negative emotions as follows:

When you experience an unwanted state, stop what you're doing by taking a few deep breaths, close your eyes, shake off the negative feeling with each exhalation, then turn to face a new direction, open your eyes, and breathe in all the new and fresh possibilities.

Yes, Change can be that easy!

Skill 11**Create positive change**

Think of a condition that you would like to change for the better, like finding a rewarding job, attracting a soul mate, losing weight or de-stressing etc.

Notice if you get a feeling of fear or resistance. Do you tell yourself things like, "That's too difficult", or "I can't do that" or, "I don't deserve it"? Pay attention to the quality of your emotional state and internal dialog as you think about the condition that you would like to change.

Break this state by taking 3 deep inhalations and long exhalations.

Then, vividly remember a success in your life – some goal you set and achieved. Really be there (fully associate into the moment of achieving your goal) and feel this positive feeling!

Now, feeling the "I did it!" feeling, think about the change you'd like to make and think, "I can do this too!" And you can - starting now – so go for it!

Skill 12**Attract positive change**

You have attracted the people and circumstances into your life which are a vibrational match with your thoughts, feelings and actions.

Like attracts like! Therefore you can learn to become more conscious of what's going on inside you, and through that you can fine tune your "vibes" and thereby attract the people and circumstances which you desire.

Ask yourself: "Who do I need to become in order to attract the people and circumstances that I want in my life?"

How will you think, feel and behave when you're being this way? When you are thinking, feeling and behaving in this way, which people and circumstances can you imagine attracting?

Ultimately when we're being ourselves and not pretending to be anything that we're not, that authenticity has its own attraction. This is when our inner beauty shines and we become someone that others like to be around because our presence allows them to be who they are.

So be the change that you want to see in others and in the world around you, and you will begin to experience positive change.

CHAPTER 8 – Conclusion

I trust that you will find the 12 skills shared on the previous pages useful when dealing with change. Apply those that are most relevant to you until you are seeing things differently and feeling more resourceful with regards to any uncertainties.

Familiarize yourself with the skills that resonate with you most and put them to regular practice in your life. Sooner or later they will become your natural and effortless response to challenges, and through that the challenges themselves will become opportunities for you to become more of the amazing person that you are.

Be your Self, and keep the change!

CHAPTER 9 - Inspiring Change

Quotes from Approaching Change The ASE Way:

The meaning of life is the meaning you give it! So choose to make this an amazing day.

Each and every moment of your life you're either missing or harnessing an opportunity. Your external experience is a reflection of your internal points of view.

How will you think, feel and behave when you have achieved your desire? Start acting the part and you'll be accessing the inner resources to achieve it.

One of the greatest sources of suffering in the world is our attachment to the illusion that only by doing or acquiring something we can then experience what we desire.

You are either successfully achieving the results that you want or successfully achieving the results that you don't want. Either way you're successful! So focus on what you want today.

Common sense and absolute fact may well be artefacts from an outdated paradigm, while becoming comfortable with uncertainty may be our path to a new one.

Today you can ride the wave that's rolling in just for you, or try to make your own wave and get the same old results.

The challenges of life are a call to change the way we are. For how we are affects how we do what we do and what we attract.

Forget about getting, for getting what you want you must first be in the state that attracts it.

Changing the way you think about a situation is usually easier than thinking about how to change a situation.

The twists and turns of life are not a problem to be solved but a reality to be experienced.

Your current experience is the one you are meant to be having, that's why you are having it. So, seek to find the benefit for you in each of your experiences.

Our attempts to escape our reality are what prevent us from seeing the opportunities and creative solutions that arise out of uncertainty. So, welcome the unknown.

You have the resources that you need to achieve what ever you want in life. These resources are locked inside you, but the key is in your hand.

Resistance is persistence, so if you want to rid yourself of unwanted feelings you need to welcome that experience and in so doing its energy will subside.

Be mindful... Notice the options, ideas and synchronicities which are hidden by habitual thinking.

Your present state determines your current experience. To elicit a resourceful state, ask yourself: "Who do I need to become in order to have the experience that I want right now?"

We are ready for the challenges that we face, that's why we face them. They exist for us to learn something valuable from them.

We are influenced more by our maps of reality than by what is really going on out there. Changing our internal representations is the key to greater freedom and flexibility in life.

When we change ourselves by changing our thoughts and mental pictures, we will see a new world and that is what the world will then begin to become.

Other quotes about change:

"Man can learn nothing except by going from the known to the unknown."

- Claude Bernard -

"You are the only problem you will ever have and you are the only solution. Change is inevitable, personal growth is always a personal decision."

- Bob Proctor -

"If we can recognize that change and uncertainty are basic principles, we can greet the future and the transformation we are undergoing with the understanding that we do not know enough to be pessimistic."

- Hazel Henderson -

"We are what we think. All that we are arises with our thoughts. With our thoughts we make the world."

- Buddha -

Success is reached by staying committed to the destination and flexible as to the journey.

- Unknown -

"The best way to predict the future... is to create it."

- Abraham Lincoln -

"Of all the creatures of earth, only human beings can change their patterns. Man alone is the architect of his destiny..... Human beings, by changing the inner attitudes of their minds, can change the outer aspects of the lives."

- William James -

"What lies behind us and what lies before us are small matters compared to what lies within us."

- Ralph Waldo Emerson -

"Who looks outside, dreams; who looks inside, awakes."

- Carl Jung -

"It's not where you start that's important, but where you decide to end up."

- Unknown -

"You must be the change you want to see in the world."

- Gandhi -

"How could there be any question of acquiring or possessing, when the one thing needful for a man is to become - to be at last, and to die in the fullness of his being."

- Antoine De Saint-Exupery -

"Beyond your physical self, beyond your thoughts and emotions, there lies a realm within you that is pure potential; from this place anything is possible. Even miracles. Especially miracles. This part of you is interwoven with everything else that exists, and everything yet to come."

- Deepak Chopra -

"Go confidently in the direction of your dreams! Live the life you've imagined. As you simplify your life, the law of the universe will be simpler."

- H.D. Thoreau -

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

- Albert Einstein -

"We are what we repeatedly do. Excellence then is not an act, but a habit."

- Aristotle -

"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes."

- William James -

"The kind of thinking that got us to where we are, is not the kind of thinking that will get us to where we want to go."

- Albert Einstein -

Life isn't about finding yourself. Life is about creating yourself.

- George Bernard Shaw -

"Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible."

- Unknown -

"There is no such thing as a problem without a gift for you in its hands. You seek problems because you need their gifts."

- Richard Bach -

Begin today...

"What we ponder and what we think about sets the course of our life. Any day we wish; we can discipline ourselves to change it all. Any day we wish, we can open the book that will open our mind to new knowledge. Any day we wish, we can start a new activity. Any day we wish, we can start the process of life change. We can do it immediately, or next week, or next month, or next year."

"We can also do nothing. We can pretend rather than perform. And if the idea of having to change ourselves makes us uncomfortable, we can remain as we are. We can choose rest over labor, entertainment over education, delusion over truth, and doubt over confidence. The choices are ours to make. But while we curse the effect, we continue to nourish the cause. As Shakespeare uniquely observed, "The fault is not in the stars, but in ourselves." We created our circumstances by our past choices. We have both the ability and the responsibility to make better choices beginning today."

- Jim Rohn -

How bright does a candle shine?

In the night's darkest hour, when hope begins to dwindle

Remember the fleeting nature of your present experience

Everything in awareness changes all the time

Your health, relationships, finances and feelings are all constantly changing

Life is all about the experience of change

Flow with the unique rhythm of your life

While moving in your own direction

Release your attachment to being right

Rather be who you are

Stay true to your heart

Listen to your body

Nobody else knows you better

Do what you dream of

It is the reason you are alive

Question your thoughts

Are they really your own?

Take action now

*Tomorrow may never come
And actually it never does
Learn from your mistakes
That is why they happen
Let go of the past
Accept your present
Create your future
Now is your best chance
To know yourself
To be all that you are
All that you can imagine
You are a child of the universe
And a universe inside a child
Marvel at your magnificence
You are one of a kind
And connected to all
A part of the whole
Experiencing your existence
In each moment of your life
Including this one
Be like a candle
Shine as brightly as you can
There is no end to your light
Even after it goes out
Shine like there is no tomorrow
No wind and no sorrow
Just the joy of being You
- Jevon Dängeli -*

ASE related articles

From Taking Things Personally To Being The Bigger Person

Do you suffer from taking things personally and getting offended?

Taking things personally usually means that our ego has been hurt or aggravated. Being offended in such a way causes us to react unresourcefully or destructively – making matters even worse.

Imagine being unaffected by other people's condescending words or corruptive actions...This doesn't mean being passive or controlling your emotions to avoid confrontation. It means having a natural reflex that enables you to see the 'bigger picture' and to be the 'bigger person' in challenging situations. I refer to this as *opening the aperture of your awareness*.

Opening the aperture of your awareness is the process of becoming aware of your thought stream, without being washed away by it, and in that 'spacious perception' finding clarity, creativity, courage and choice.

In [this video](#) I explain how the skill of opening the aperture of your awareness relates to mindfulness. Below I'll be associating this skill with the ability to take things less personally and being the bigger person.

Opening the aperture of your awareness means 'stepping outside of yourself' and gaining a fresh perspective. It's the process of detaching from your current point of view and expanding your perception to that of a non-attached observer. This is relatively simple when you don't take yourself too seriously. When you know that your thoughts about yourself, another, or any situation are only a story that your mind tells you, and not necessarily the whole truth, then not being affected by disempowering thoughts becomes easy.

The first trick to successfully opening the aperture of your awareness is to accept that any point of view is never the final answer. The map is not the territory. Our internal representations (maps) are always subjective, and it's our internal representations that determine our thoughts, feelings and behaviours. Accepting this fact means gaining greater freedom over how you respond to people and situations.

The next time you feel offended by somebody, start by identifying your thought stream and observing it flooding your head. It's only your head, don't worry, thoughts are harmless unless you believe them. Through just witnessing thoughts for a moment or two they lose their intensity and we become less affected by them. Simply watch those thought bubbles come and go. Through observing thoughts, as opposed to believing them to be true, you detach from your ego's pain and desires and connect more with your [Authentic Self](#) – that realm within you that is the bigger person.

Opening the aperture of your awareness, as explained above and as taught in [this video](#), might be the 'no brainer' that seems obvious, yet it tends to be surprisingly effective when applied. Like all skills it needs to be practised. With enough practice this spacious mode of perception becomes embodied – and then it has a chance of being our natural response in difficult situations, which is when we need it most.

Becoming the bigger person who is not so easily offended is one [shift in perception](#) away...

Mindfulness – The Key To Resilience

Resilience without mindfulness is a production robot approach – it may be effective in one area for a limited period, but sooner or later it will break down or cause damage.

Rather than perceiving mental and emotional states as fixed, the mindful approach identifies their impermanent nature and treats them as transitory phenomena (1, 2). Mindfulness elevates one's physical, psychological and social well-being, while counteracting the effect of stressors that can lead to burnout, through enhancing one's resilience. (3, 4).

What is missing for many sufferers of stress and burnout is resilience – the ability to maintain *elasticity* and *buoyancy* in the face of adversity. Resilience enables us to adapt adequately in challenging situations (5). Mindfulness practices are scientifically proven to develop a long-term state of resilience (6), as well as self-regulation of one's emotions and focus of attention, whilst cultivating mental flexibility (7). Studies have shown that mindfulness is associated with resilience toward stress and burnout (8-13), while enabling people to disengage from unhealthy, automatic behavioural patterns (14, 15).

The connection between mindfulness and resilience

One's personal experience of reality (whether mindful or mindless) depends largely on their present state of consciousness, or as it was put by Anaïs Nin, *we don't see things as they are, we see things as we are*. Our perceptions and states are two essential cornerstones in the foundation upon which we build our world, including all our successes and failures.

Albert Einstein recognized that in order to solve the problems that we experience on one level, we require expanded levels of perception. People who feel stuck in stressful situations are often unable to find a satisfying solution until they employ a means of shifting their mode of perception, or put metaphorically – *opening the aperture of their awareness* in order for relevant ideas or insights to arise in consciousness and reveal a satisfying solution. As stress levels increase, new sicknesses arise and the world's problems proliferate, it's clear that new solutions are needed. Many of the significant problems the world faces today, whether personally,- environmentally,- socially,- economically,- and others are issues that stem (at least in part) from a lack of awareness of our multidimensional interrelatedness in the vast web of life.

Authentic Self Empowerment in relation to mindfulness and resilience

Mindfulness is an intrinsic aspect of the healing and transformative approach called [Authentic Self Empowerment \(ASE\)](http://www.authentic-self-empowerment.com). ASE enables people to have an enhanced internal awareness of their thoughts and emotions, while simultaneously having an improved external sensory awareness. This heightened awareness brings about a calm and centred state which also enables people to gain a sense of interconnectivity with others and their environment. The ASE approach facilitates an open, receptive and grounded state of consciousness which leads to empowered, creative and resourceful responses in challenging situations. A key benefit of ASE is mindfulness based resilience.

The ASE application of mindfulness begins with a change in one's direction of attention – from – “what serves me?” – to – “what serves the world?” This requires a shift from being narrowly focussed on self fulfilment (*tunnel awareness*) to being more attentive toward what is current and meaningful in the world around us ([peripheral awareness](http://www.authentic-self-empowerment.com)).

Tunnel awareness – the cause of low resiliency

Tunnel awareness (a limited perception of oneself in relation to one's surroundings) is a contributory cause of why we experience ourselves as separate from everyone and everything else in life, which in turn leads us to behave destructively toward ourselves, others and our environment. Tunnel awareness can be understood as a narrowed focus of attention that deletes everything in the periphery of one's field of awareness from one's personal consciousness. The *fight and flight* response is associated with being in tunnel awareness, as in this state one usually identifies only the perceived danger while deleting whatever else is not necessary in our field of awareness in order to survive a life threatening situation.

One may behave similarly in situations that are not threatening to one's life, but considered by the individual to be stressful, where one remains fixated on the object of negative reference while all other points of reference, including the quality of one's own thoughts and feelings are negated (16). Those who experience overwhelming stress or the burnout syndrome are usually stuck in a form of tunnel awareness, whereby that which perpetuates the problem is what one's attention remains focussed on, thus the problem remains a problem.

Expanding the self-concept to increase resiliency

A satisfying solution to a problem might only be discovered when the individual succeeds in shifting their state of consciousness in a way that enables them to dis-identify from their limited self-concept. This can be facilitated through expanding one's sense of self and establishing a broader perspective, which in turn increases one's awareness of choices beyond those that are determined through identification with the limited self-concept.

Those whom I have guided to experience the expanded state induced through the ASE practice of [peripheral awareness](#), often report that the boundaries between self and not self seem to dissolve, bringing about a sense that all experiences unfold within the Self (a felt sense of oneness with everything in awareness). The process ends by embodying the expanded state (feeling it in the physical form) and then choosing how to approach challenging situations from the point of view of the Self. This technique brings about an awareness of the more subtle realms of consciousness, where the boundaries between subject and object seem to dissolve and where a sense of unity and interconnectedness arises (17, 18).

The ideas and resulting behaviours arising from ASE's [peripheral awareness](#) technique are resourceful, creative and ecological – serving our best interest as well as that of the world around us. Peripheral awareness has been found to be an effective approach to calming the mind and body, enhancing internal awareness of the quality of one's thoughts, emotions and intuitions, while opening one's awareness to broader levels of perception. This is an active form of mindfulness that enables people to establish and maintain resilience.

A mindfulness based lifestyle (applying ASE approaches) is known to cultivate productive engagement in work, an expanded sense of meaning and purpose, enhanced physical and psychological well-being, and improved relationships (19). I therefore recommend the [ASE applications of mindfulness](#) for establishing and maintaining resilience.

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The Awareness behind your Attitudes and Aptitudes

This article outlines how the quality (*aperture*) of one's awareness influences their present attitudes and aptitudes. It also points out how a particular way of shifting one's awareness can bring about an immediate change in how one experiences themselves and their current circumstances.

One's personal experience of reality (including one's attitudes and aptitudes) depends largely on their present state of consciousness. Each state of consciousness offers a different view of reality, thus one's perception of reality is only partially true, and therefore one's state of consciousness determines one's current model of the world (Walsh & Vaughn, 1980). This echoes the overarching idea in quantum theory that *reality is observer created*, or as it was stated by Anaïs Nin, *we don't see things as they are, we see things as we are* (1961). Another concept in alignment with this is one of the presuppositions upon which the field of [Neuro-Linguistic Programming](#) is based, namely that *each individual is the co-creator of their personal map of reality* (Bandler & Grinder, 1976). Our perceptions and states are two essential cornerstones in the foundation upon which we build our world, including all our successes and failures. In order to improve the situation in the world (starting with our personal models of it), we must expand our perceptions and update our states, put simply by Mahatma Gandhi: *be the change you wish to see in the world*.

Albert Einstein recognized that in order to solve the problems that we experience on one level, we require expanded levels of perception. People who feel stuck in stressful situations are often unable to find a satisfying solution until they employ a means of shifting their mode of perception, or put metaphorically – *opening the aperture of their awareness* in order for relevant ideas or insights to arise in consciousness and reveal a satisfying solution. As stress levels increase, new sicknesses arise and the world's problems proliferate, it's clear that new solutions are needed. Many of the significant problems the world faces today, whether personally,- environmentally,- socially,- economically,- and others are issues that stem (at least in part) from a lack of awareness of our multidimensional interrelatedness in the vast web of life.

According to Einstein (1977), seeing ourselves as individual disconnected entities in the universe is an optical delusion of consciousness. This idea of modern humanity experiencing itself as cut off from each other and from our source of creation was described by David Bohm (1994) as a syndrome that causes individuals to see the world as disjointed mechanical fragments, one of which is themselves. With the connection to its source severed, the psyche demises to insignificance in its own perception. Unable to sense the inspiration and energy from our subtle realms of consciousness, life in the material world becomes cold, distant, alien and monotonous, devoid of meaning and purpose — and that is (in many respects) the world we see around us today. Bohm (Ibid) pointed out that humankind bears infinite potentiality, but as long as the significance of the finite controls our awareness, then we will continue to live according to this. He provides a diagnosis and prescription:

Mankind's fallen state is a condition of amnesia, a forgetfulness of our infinite source in the conscious depths of the implicate order. The reversal of this amnesia, the psyche's reawakening to its eternal well springs, begins with a radically new mode of perception.

(Bohm, cited in Germine, n.d)

A radically new mode of perception does not necessarily require a paradigm shift. It can begin with a change in one's direction of attention – from – “what serves me?” – to – “what serves the world?”

This requires a shift from being narrowly focussed on self fulfilment (*tunnel awareness*) to being more attentive toward what is current and meaningful in the world around us (*peripheral awareness*).

Tunnel awareness (a limited perception of oneself in relation to one's surroundings) is a contributory cause of why we experience ourselves as separate from everyone and everything else in life, which in turn leads us to behave destructively toward ourselves, others and our environment. Tunnel awareness can be understood as a narrowed focus of attention that deletes everything in the periphery of one's field of awareness from one's personal consciousness. The fight and flight response is associated with being in tunnel awareness, as in this state one usually identifies only the perceived danger while deleting whatever else is not necessary in our field of awareness in order to survive a life threatening situation. One may behave similarly in situations that are not threatening to one's life, but considered by the individual to be unpleasant or disturbing, where one remains fixated on the object of negative reference while all other points of reference, including the quality of one's own thoughts and feelings are negated (Drummond, D. n.d). Those who experience overwhelming stress or the burnout syndrome are usually stuck in a form of tunnel awareness, whereby that which perpetuates the problem is what one's attention remains focussed on, thus the problem remains a problem.

Satisfying solutions might only be discovered when the individual succeeds in shifting their state of consciousness in a way that enables them to dis-identify from their limited self-concept. This could be facilitated through expanding the sense of self and establishing a broader perspective, which in turn may increase one's awareness of choices beyond those that are determined through identification with the limited self-concept. Expanding one's experience of self in a manner that includes shifting one's state of consciousness into a calm and receptive mode not only enables one to see the bigger picture, but also to experience oneself differently in relation to one's environment and the circumstances that are associated with it. Peripheral awareness expands one's sense of self to include a felt connection with the environment in our immediate proximity and beyond. The process of peripheral awareness assists one to identify all sensory experiences within one's field of awareness, as opposed to these being experienced outside or separate from them.

[Those whom I have guided](#) to experience the expanded state induced through the practice of peripheral awareness, often report that the boundaries between self and not self seem to dissolve, bringing about a sense that all experiences unfold within the Self (a felt sense of oneness with everything in awareness). The process ends by embodying the expanded state (feeling it in the physical form) and then choosing how to approach challenging situations from the point of view of the Self (or while the individual is experiencing a *holotropic* state of consciousness (Stanislav Grof's term for "moving toward wholeness" (2000)). Depending on the individual and their reason for practicing peripheral awareness, the experience of Self fluctuates and is therefore not an ultimate state, but rather one in which the individual experiences a felt sense of expansiveness and interconnection resulting from dis-identification from a limiting self-concept. It has been reported by Rick Hanson (2011) and John Overdurf (2013) that this technique facilitates awareness of the more subtle realms of consciousness, where the boundaries between subject and object seem to dissolve and where a sense of unity and interconnectedness arises. Peripheral awareness may serve as a bridge between the ego domain and transpersonal domain, which suggests that it bears scope for revolutionary change, provided that enough individuals know about it and practice it.

The attitudes and aptitudes arising from peripheral awareness are resourceful, creative and ecological – serving our best interest as well as that of the world around us.

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Peripheral Awareness for Resilience & Resourcefulness

If you had a simple skill to inhibit stress based reactions within a few seconds (including fear, anxiety, anger and procrastination), would that interest you?

If this skill also enabled you to enter a cool, calm and collected state while broadening your perspective about yourself and others, as well as increasing your levels of resilience and resourcefulness in any situation, would that make you even more curious?

Referring to brain scans from the Farb, et al. (2007) research, neuropsychologist Rick Hanson (2011) suggests that cultivating “panoramic awareness” and “spacious mindfulness” activates areas of the brain that facilitate a calm and relaxed sense of well-being in which we are able to disassociate from our thoughts in order to see things in a broader context — akin to having a “bird’s-eye-view” on a situation. Trainer of [NLP](#) and [hypnotherapy](#) John Overdurf (2013) refers to the same phenomenon as “[peripheral vision](#)” suggesting that it acts on the brainstem and pre-frontal lobe, in effect short circuiting fear and stress reactions. Overdurf has been using “peripheral vision” (referred to as peripheral awareness in this article) in psychological interventions since the 1980s to help his patients “flatten out anxiety”.

During my own training with John Overdurf (2004 – 2010), we discovered first hand how a technique that establishes peripheral awareness works rapidly to reduce or even eliminate mental self talk and tension in the body. Since 2004 I have regularly used the peripheral awareness technique in [Authentic Self Empowerment sessions](#) with my own clients, as well as taught it to many others at the [courses and seminars](#) that I present. Peripheral awareness has been found to be a consistently effective approach to calming the mind and body, enhancing internal awareness of the quality of one’s thoughts and emotions, while opening one’s awareness to broader levels of perception. In this respect, peripheral awareness is effective at enhancing one’s intuition.

Tunnel Awareness — a limited view that limits our capabilities

The flip-side of peripheral awareness is tunnel awareness, which can be understood as a narrowed focus of attention that deletes from consciousness everything in the periphery of one’s field of awareness. The fight and flight (stress) response is correlated with being in tunnel awareness, since we are required to identify only what the perceived danger is, thereby deleting whatever else is not necessary in our awareness in order to fight or take flight in a life threatening situation. Similarly, in situations that are not threatening to our life, but considered by the individual to be unpleasant or disturbing, where one remains fixated on the object of negative reference, all other points of reference, including the quality of one’s own thoughts and feelings are negated (Drummond, D. n.d). Such is the case for those who experience overwhelming stress, whereby that which perpetuates the problem is what one’s attention remains narrowly focussed on, thus the problem remains a problem.

According to Bloom and Farragher (2010), tunnel awareness is a narrowing of the perceptual field that results in difficulty to engage in complex thinking, to see interconnectedness or interrelationships between chunks of information. Learning and planning abilities are also impaired while we are in tunnel awareness and experiencing stress. This is when we revert to automatic reactions and rules, - “Under stress, people tend to do what they know best rather than what would be best” (p. 109). The tunnel awareness stress reaction reduces decision-making abilities, which become impulse, inflexible, poorly constructed and oversimplified (Janis, 1982). Tunnel awareness constrains our creative thinking abilities and we become more dogmatic, focusing at best on solutions

to problems that have worked in the past rather than finding something better suited to the results that we would like to achieve in our current situation (cited in Bloom and Farragher, 2010).

The physiological and psychological effects of excessive stress, including [burnout](#) are outcomes of operating for too long in a state of tunnel awareness. Peripheral awareness is a practical approach that can help people to be more aware of their inner and outer resources. Anyone can learn how to open the aperture of their awareness in order to reveal more of their inherently enlightened state.

Peripheral Awareness — the technique (short version)

While looking at whatever you're looking at or listening to whatever you're listening to, allow yourself to also become aware of what's occurring in the periphery of your visual and auditory field of awareness. Simply allow your visual and auditory scenes to expand more around you so that you become more conscious of what's in the outskirts of your awareness. While doing this, apply the same approach to your sense of feeling by noticing sensations throughout your body and paying attention to any emotions (through passive observation). Get in touch with your body's overall state. In this heightened visual, auditory and kinaesthetic awareness you can become more aware of your thoughts and feelings while at the same time being acutely aware of what's going on in the environment around you.

If you're in a heated discussion, whether, face-to-face or over the phone, notice that peripheral awareness helps you compose your thoughts and become more present. If you've got a mental block, or performance anxiety, notice how peripheral awareness enables you to relax and get back into the flow.

Peripheral Awareness to achieve mindfulness and meditation

Peripheral awareness by its very nature cultivates mindfulness while enhancing one's ability to remain mindful when interacting with others as well as when facing challenges.

With the multiple benefits of meditation now well documented, more people would likely choose to meditate if they knew about an effective meditation method that is easy to learn and practical for people in modern society. An example of such an approach is peripheral awareness, when it is applied without any particular goal in mind. Peripheral awareness takes only a few minutes to learn, it can be applied in any place at any time of day, and the benefits of using it begin to take effect within a few seconds of using the technique. On this basis, peripheral awareness may be of particular use to busy people who don't have time to meditate in the more traditional sense, or those who are sceptical of Eastern practices, and especially those who might be at risk of being effected by stress or burnout.

Furthermore, I have personally found that the establishment of peripheral awareness serves as a useful expediency to access deeper levels of meditation. Using advanced applications of peripheral awareness, our clients and course participants report that this process can facilitate awareness of even more subtle realms of consciousness, where the boundaries between object and subject seem to dissolve and where a sense of unity and interconnectedness arises. It is becoming apparent that peripheral awareness may function as a bridge between the mental domain and [transpersonal realms of consciousness](#).

Summary

Peripheral awareness is recommended as a practical resource that is easy to apply in order to alleviate overwhelming levels of stress and prevent [burnout](#) as well as issues that are associated with the concealment of consciousness, for example: anxiety, fear, anger, sadness, confusion, and guilt, as well as limited perceptions about oneself and one's capabilities.

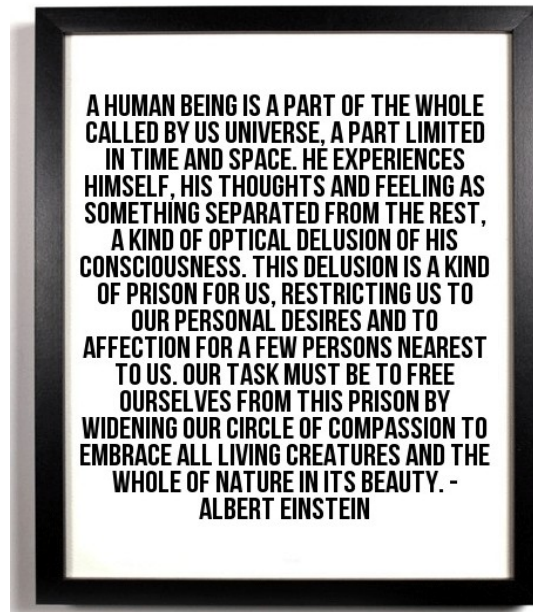
With [peripheral awareness](#) known to induce an open, receptive and calm state of mind and body, once integrated as an automatic response to the challenges of life, one can expect to experience a new quality of life, or as suggested by Walsh and Vaughan (1980), a raised perception of reality.

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Albert Einstein & Authentic Self Empowerment

The ultimate trick your mind plays on you is the way in which you view yourself.



That sounds good Albert, but how do we snap out of our optical delusion of consciousness and free ourselves to be Authentic (compassionate) human beings?

We should start by creating sufficient space in our awareness in order to establish the type of perception that sees beyond the mind's little optical delusions.

ASE is the process of establishing broader perspectives and then enabling our actions to be inspired by an expanded sense of self that sees the 'bigger picture'. Here's an ASE approach to help you achieve the above:

1. Put your attention onto something that is important or meaningful to you.
2. Then imagine you can look down at yourself in that situation as if you are viewing it from outer space or heaven. Get the big picture! Realize how that situation fits into the greater scheme of life.
3. Notice all the options you have from this expanded perspective...then ask...
4. What can I learn about myself in relation to that situation?
5. From this expanded state choose the most suitable, ecological and compassionate outcome in that situation.
6. Now, take your broader perspective and bring it into your body. With this in awareness ask...
7. What is the next smallest step I will take toward my desired outcome?

Inwards then outwards and then back in again – either way – the Authentic answers are there!

How to Change Your Life Story

Is the story you tell yourself true?

Since the way in which people define their reality is based on their perceptions and defined metaphorically through language (stories), insight and change of any internal and subjective representation will have a direct result in that person's external and objective experience. For this reason, changes in metaphoric representation affects cognition, which in turn generates new thoughts, feelings and behaviour.

Just as any problem is created through the conditioned perceptual filters of the mind (stories), so too can the solution be found by means of new expanded and resourceful perceptions being brought into awareness. So, if you are experiencing stress or an emotional struggle in any area of your life, and if you would like to resolve this, ask yourself the following:

1. What is the story I'm telling myself?
2. Where does this come from, who's story is it really?
3. How would I experience myself without that story?
4. Which authentic story will I choose to believe in now?
5. What does my authentic story inspire me to do next?

Keep your authentic story alive through taking the actions that it inspires!

How to deal with difficult people and improve your relationships

This article introduces ideas that can help to broaden your perspectives as well as shift perceptual positions, no matter how complicated your interaction with another may be. With a broader view and a multiple perception stand-point you will have greater freedom to choose mindful responses in any type of interaction with people.

You are the only one who is responsible for your happiness.

When we feel emotionally affected by someone it's because something that already exists inside us was triggered by that person. When we deal with what's inside us then we no longer get triggered in the same way. We then stop blaming others for doing things to us. We see that the way they are is a reflection of their level of awareness and this enables us to remain resourceful and compassionate toward them.

The only way other people, including your family and friends exist for you is through your perceptions. Our perceptions determine how we behave. Our behaviour influences the behaviour of those with whom we interact, which in turn influences our perception about them. And so the cycle goes. In other words, the way in which people behave validates our perception of them, and so we always get to be right. Therefore our perceptions become self-fulfilling prophecies that keep recycling in our life.

Perceptions are subjective and therefore relationships can be seen as a process of intersubjective responses between people. Our perceptions of others (especially the important people in our life) often mirror the unconscious qualities of our own personality, which is what we're not aware of in ourselves. In this sense we generally experience and judge others according to the internal representation of ourselves.

Problems occur in relationships when you get stuck in your point of view. When you refuse to see the situation from the other person's perspective as well as from a more distant (observer) perspective, therefore only seeing it from your own map of reality, then conflicts are inevitable. Being able to shift perspectives between your position and another's position and an observer position frees you from preconceived judgments toward others, which in turn fosters better communication, understanding, respect, compassion and harmony in that relationship.

This doesn't mean that you stick around in an unwanted or abusive relationship. It means that you become empowered to act from a broader perspective of what is really going on. You are able to choose what is in your best interest and move in that direction without resentment or negativity or any sense of loss.

You're only responsible for your own thoughts, feelings and behaviours. When we try change other people's thoughts, feelings and behaviours it often leads to disappointment and suffering. Changing your point of view and therefore your ability to respond differently in a relationship is the best chance you have of having a happy, healthy and successful partnership.

Fulfilment in relationships means not depending on someone else. Fulfilment is the privilege of an open mind and flexible points of view. When we realize that at a deep level we are interconnected not only with our loved ones, but also with everyone and everything in nature, then we begin to treat others the way we would like to be treated.

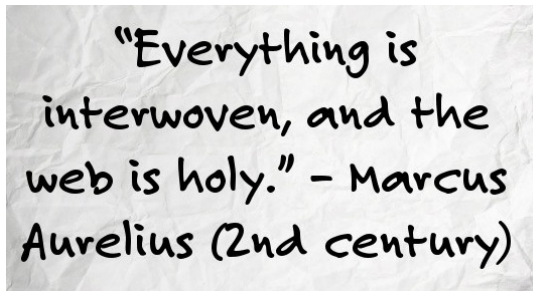
It's important to take responsibility for your feelings and to articulate them. When describing your feelings, choose words that express what you are experiencing, as in "I feel sad, lonely, frustrated, jealous." Avoid using words that reinforce your sense of victimization, such as "I feel neglected, rejected, betrayed." Avoid judging others, you are informing them about your feelings, rather than blaming them for something that only you are responsible for anyway.

Practice the discipline of observing your internal reactions in relation to people with whom you'd like to interact more positively or resourcefully. This enables you to loosen your identification with thoughts like: "He shouldn't have done that"; "She should be more understanding"; "Him saying that means he doesn't care for me"; etc. Observing your thoughts in this way also enables you to more easily shift your attention away from limiting perceptions and identify with broader views that show you a greater truth. Look beyond the person whom you want to relate to better. Open the [aperture of your awareness](#) by focussing not only on the person that you're communicating with, but also on the space around them, as well as the space (or energy) that connects you with that person. If you can't see their entire body, then you might be too much 'in their face'. Also, by broadening your perceptual field and softening your gaze, you are able to relate to the whole human being in front of you rather than just their title.

Implementing the ideas shared in this article will enable you to change your own perception so that you can experience others with greater equanimity. Taking this mindfulness approach toward the people in your life affords you the freedom to experience more fulfilling relationships.

Remember: You are the only one who is responsible for your happiness!

Proof of Your Life's Higher Order



According Dr. Victor Frankl (1976), as humans the yearning for meaning in our lives is the driving force behind everything we do. Experiences that we find meaningful bring significance to our life. This is of great value for without feelings of significance we lose any sense of purpose, life becomes mundane, and we end up mistreating our potential, ourselves and each other.

Our attitudes and beliefs largely determine the kind of meaning which we give our experiences, however, whether pessimist or optimist, we can't ignore the obvious synchronicity of certain events.

You think of someone then the phone rings and it's that person. Coincidence? Maybe, but in the moment such a "coincidence" strikes, its occurrence cannot be ignored. The more we pay attention to these mystical coincidences, the more they become meaningful and with that cultivates a sense of connection with everything in life, and what could be more significant than that?

Carl Jung referred to *synchronicity* as a meaningful coincidence highlighting that there is a unity between the psychic and the physical. Jung (1951) used the term *unus mundus* (p. 261), Latin for "one world," to describe this unity.

In relation to the meaningfulness of feeling connected to all of life, the occurrence of synchronicities implies an interconnectedness of everything, as well as our ability to be influential within the greater scheme of life.

Synchronicity also provides proof that the randomness of our existence as claimed by Darwinian theory may not be completely true, as synchronistic events elude to a higher order and provide confirmation that our thoughts and actions are not separate from other realms of consciousness that interplay with our physical reality.

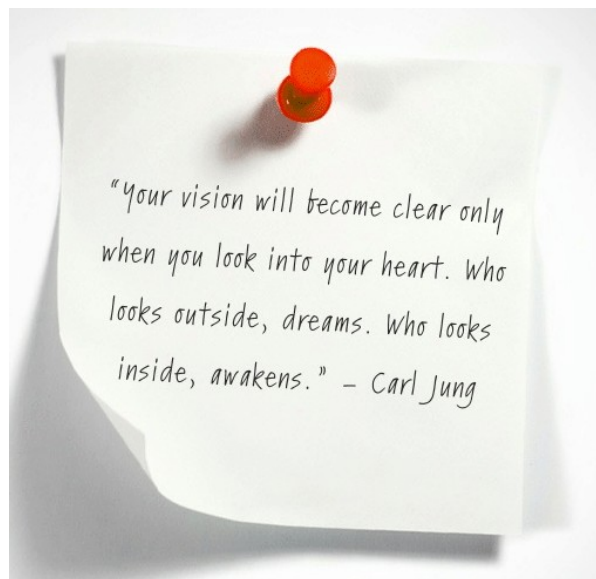
Quantum physics indirectly backs up such claims about synchronicity with its Uncertainty Principle which rejects the notion of an objective reality that is independent of human consciousness (Heisenberg, 1990). David Bohm observed the relationship between subatomic particles and concluded that matter and consciousness are interconnected (Bohm, 1990). Bohm's theory that existence encompasses an *implicate order* in which everything is connected, and a corresponding *explicate order*, from which the observable world unfolds and in which time, space and classic physics apply (e.g., Bohm & Peat, 1987) further supports the concept of synchronicity. David Peat who found synchronicity to be a unifying principle between the individual consciousness and the totality of space-time, sees synchronicity as the bridge between mind and matter (Peat, 1987).

The branch of NLP called [Humanistic Neuro-Linguistic Psychology \(HNLP\)](#) is based on a set of presuppositions, one of which states that: *"Everything and everyone is interconnected. The material universe is a dynamic web of interrelated events. None of the properties of the web are fundamental. They all follow from properties of the other parts and the overall consistency of their interrelations determines the structure of the entire web. At the quantum level we are one, there are no local causes"*.

Since everything we experience first existed as a potential (pre-manifestation) in the quantum field, which is the realm in which we are all connected, it should come as no surprise that synchronicities can be viewed as key holes into a higher order of our nature.

Synchronicities offer a glimpse into a level of existence that intertwines our personal experience of space and time with a universal and eternal dimension. The spontaneous reflection of our thoughts and intentions in the world around us can be revelatory and transformative (Richo, 1998).

So there's good reason to be on the lookout for those meaningful, mystical and magical coincidences that make life delicious.



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Peripheral awareness - a bridge from self to Self

As new sicknesses arise and the world's problems proliferate, it's clear that new solutions are needed. Many of the significant problems the world faces today, whether personally, environmentally, socially, economically, and others are issues that stem (at least in part) from a lack of awareness of our multidimensional interrelatedness in the vast web of life. According to Albert Einstein, seeing ourselves as individual disconnected entities in the universe is an *optical delusion of consciousness* (Einstein, 1977). He recognized that in order to solve the problems that we experience on one level, we require expanded levels of perception. Tunnel awareness (a limited perception of oneself in relation to one's surroundings) is a contributory cause of why we experience ourselves as separate from everyone and everything else in life, which in turn leads us to behave destructively toward ourselves, others and our environment. In this essay I will point out how a mindfulness related approach which I refer to as "peripheral awareness" can broaden one's level of perception, leading from self-concept to Self realization, and thus be of healing and transformative value to humans and our world.

While until now empirical evidence for the value of peripheral awareness remains mostly reserved for those who undertake the practice, scientific data does at least validate the calm and relaxed state of well-being due to parasympathetic nervous system activation that the skill stimulates (e.g. Hanson, 2011 and Farb, *et al.* 2007). The current shortage of knowledge and scientific verification for the skill of peripheral awareness outside of the field of Neuro-Linguistic Programming (Overdurf, 2013, as well as my own direct experience as a NLP trainer) is one of the main motivations behind why I chose to study the phenomenology of peripheral awareness in my CSTP MSc research project. The content below relating to the effects of practising peripheral awareness is based mostly on my own findings.

Tunnel awareness can be understood as a narrowed focus of attention that deletes everything in the periphery of one's field of awareness from one's personal consciousness. The fight and flight response is associated with being in tunnel awareness, as in this state one usually identifies only the perceived danger while deleting whatever else is not necessary in our field of awareness, in order to survive a life threatening situation. One may behave similarly in situations that are not threatening to one's life, but considered by the individual to be unpleasant or disturbing, where one remains fixated on the object of negative reference while all other points of reference, including the quality of one's own thoughts and feelings are negated (Drummond, D. n.d). Those who experience overwhelming stress or the burnout syndrome are usually stuck in a form of tunnel awareness, whereby that which perpetuates the problem is what one's attention remains focussed on, thus the problem remains a problem. Satisfying solutions might only be discovered when the individual succeeds in shifting their state of consciousness in a way that enables them to dis-identify from their limited self-concept. This could be facilitated through expanding the sense of self and establishing a broader perspective, which in turn may increase one's awareness of choices beyond those that are determined through identification with the limited self-concept. Each state of consciousness offers a different view of reality, thus one's perception of reality is only partially true, therefore one's state of consciousness determines one's current model of the world (Walsh & Vaughn, 1980). On this basis, expanding one's experience of self in a manner that includes shifting one's state of consciousness into a calm and receptive mode - not only enables one to *see the bigger picture*, but also experience oneself differently in relation to one's environment and the circumstances that are associated with it. Hunt (2007) considers transformation to be possible through a more complete letting go of the ordinary

boundaries of self in order to reveal the more subtle levels of the Unconscious. Peripheral awareness enables one to release identification with the self-concept and become aware of the more subtle levels of consciousness that are normally beyond our level of perception. In discussing his own model of self-expansiveness, Harris Friedman (2013) explains:

Self-expansiveness rests on the view that the self-concept can be relatively narrowly construed, limited to the isolated individual bound in the here-and-now of the present, or can expand to include others, nature, and even a transpersonally constituted identity where the sense of self can extend to allow for boundless identity with all of nature (p. 204).

Friedman suggests that transpersonal self-expansiveness and its cartography unifies all perspectives of the self-concept within a single holistic framework (Ibid p. 207). In terms of transpersonal healing and growth Friedman points out that beyond the framework of his construct, another self expanding strategy might be "dis-identification", provided it is not taken to extremes (Ibid p.213). The process of peripheral awareness focusses primarily on enabling individuals to dis-identify from their self-concept through facilitating an expanded sense of self that transcends one's direct experience of space. More specifically, peripheral awareness assists one to identify all sensory experiences within one's field of awareness, as opposed to these being experienced outside or separate from them. Those whom I have guided to experience the expanded state induced through the practice of peripheral awareness often report that the boundaries between self and not self seem to dissolve, bringing about a sense that all experiences unfold within the Self (a felt sense of oneness with everything in awareness). Feelings of being interconnected with all things are common when practising peripheral awareness in the same way consciousness researchers have described the effects of other transpersonal practices (e.g. Fadiman, Grob, Griffiths, Nichols, C., Nichols, D., *et al.*, 2009) and thus identification with the self-concept is replaced (although sometimes only temporarily) with a more encompassing and seemingly infinite experience of Self. The process ends by embodying the expanded state (feeling it in the physical form) and then choosing how to approach challenging situations from the *point of view* of the Self (or while the individual is experiencing a holotropic state of consciousness (Stanislav Grof's term for "moving toward wholeness" (2000). Depending on the individual and their reason for practicing peripheral awareness, the experience of Self fluctuates and is therefore not an ultimate state, but rather one in which the individual experiences a felt sense of expansiveness and interconnection resulting from dis-identification from a limiting self-concept.

Peripheral awareness in relation to mindfulness and bodyfulness

Both peripheral awareness and mindfulness (the way in which it is most commonly known in the West) involve establishing present moment awareness and being non-judgemental.

There is however one fundamental difference in the two practices that I will outline here.

Mindfulness brings deliberate intentionality to the present moment, while with peripheral awareness the only intention is to *open the aperture* of one's awareness. In mindfulness the general intention is to *open the mind's door*, step inside, watch the mind's content and eventually (maybe) get to the point of watching yourself watching your mind's content. In peripheral awareness, the only intention is to *open the door*.

This kind of opening of one's field of awareness naturally in and of itself calms the mind, enhances one's sensory acuity and cultivates a sense that all things (in one's present experience) are constantly unfolding and interlinked processes within one's awareness, where the boundaries between subject and object seem to dissolve. This leads to a sense of interconnection with others (which results in compassion) and the world 'around' us (which seems more within us at this stage). One feels

expanded, peaceful and there is little self talk or none at all. Any self talk that may be judgmental can be quite easily heard as the voice of one's self-concept (or ego) from which one has dis-identified, thus it has no significant influence. Peripheral awareness may therefore be considered an expediency to establishing mindfulness.

Many practitioners would likely agree that the objective of performance enhancing skills, as well as plenty types of meditation and spiritual practices is to embody them, so that they become one's automatic response in the relevant contexts of life. Bodyfulness is when no trace of conscious intention is present, yet the individual reflexively responds to experiences in a mindful, compassionate and wise manner. Practitioners of peripheral awareness have found that it has more of a *being* nature to it with little intentionality, while mindfulness practice (in the common Western approach) has a slightly more *doing* nature to it, with more intentionality. On this basis peripheral awareness leads to bodyfulness with relative ease through practice and sooner or later (depending on the individual) almost no intention is required in order for peripheral awareness to become embodied, and therefore an enduring state. Peripheral awareness is not being advocated as superior to mindfulness, but rather as a helpful approach to achieve mindfulness and to more easily embody a mindful approach to life in general.

Peripheral awareness in therapy and coaching

Peripheral awareness is a transpersonal approach that enables therapists and coaches to see the whole person from the point of view of a whole person. This means that the therapist or coach perceives the client beyond (but not excluding) the client's expressed self-construct, while they themselves maintain an expanded perception of themselves. My observations of therapists and coaches who hold such broad views is that not only are they often more effective than other therapists and coaches, they cultivate empathy, develop deep rapport with the clients, favour holistic methodologies and in so doing, the therapy/coaching relationship nurtures growth in both the client as well as the therapist/coach. Commenting on transpersonal approaches to therapy, Friedman (2013) states:

Both therapist and patient may be in a modified state of consciousness and exchange information and energy at levels that can include lower unconsciousness, normal consciousness, and higher consciousness. This is one reason why we think transpersonal psychotherapists must undergo a demanding training, allowing them to monitor themselves and become available at several levels simultaneously, increasing their capacity to resonate with their clients (p. 582).

Approaches that don't incorporate the expanding of perceptions on the part of the client may still serve to improve certain conditions, but might not necessarily lead to an evolution in consciousness or personal and transpersonal growth. Psychological interventions should (I believe) lead to more integration of the aspects of consciousness that have become obscured by overwhelming stressors - and done so in a way that promotes alignment between all levels of awareness. A fully functional (aligned in mind-body-spirit) human being is not only one who has learnt to cope with the challenges of life, but one who thrives regardless of them. By fully functional human beings, I'm referring to people who have a mindful, bodyful and *spiritful* baseline. They are not a perfected breed of humans, they are simply natural people who live from the awareness that everyone and everything is interconnected. Transpersonal approaches like peripheral awareness may serve as a bridges between the mental domain and transpersonal realms of consciousness. On this basis, I would suggest that transpersonal processes (including peripheral awareness) are likely to be of healing and heuristic

value to both the therapist/coach, the client, and their relationship with each other, as well as their relationships with others.

One might argue that the value of transpersonal perspectives and practices like peripheral awareness might be exaggerated and that the quality of empathy will suffice in therapy and coaching contexts. While the value of empathy should not be undermined, it is not the most natural and readily achievable trait amongst all people. The results of activating transpersonal perspectives such as peripheral awareness, as outlined above, has been found to give rise to a naturally occurring empathy toward one's self-construct and others (including their self-constructs) as well as to the environment (since this too is experienced as part of the individual (Self) during states of peripheral awareness).

This essay has introduced how the approach of peripheral awareness can be used to dis-identify from the self-construct, assist the achievement of mindfulness and bodyfulness, as well as be of use to therapists and coaches who incorporate transpersonal perspectives in their work. Finally, peripheral awareness is suggested as a means to broaden ones level of perception for the purpose of becoming more fully integrated, whole and functional as a human being.

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Talent – Discovery & Expression

Talent is the unique expression of each individual's [Authentic Self](#), thus everyone has talent.

Don't waste your time trying to be like others, rather invest your energy in activating who you already are.

The [Authentic Self](#) is that realm of awareness within each person where talent originates. In order to discover and use our talents, we must look within and allow that which we already are to be awakened and articulated. We all have latent talents that can be unveiled and expressed in enterprising and creative ways. Every conscious human being can learn to do this!

We marvel at those who have discovered their talent and who express it artfully, yet we may become intimidated, thinking "I can't do that", which may generalize into "I don't have talent". We might not recognize that talent often needs to be uncovered and developed before it can be displayed. While certain talents flow naturally and effortlessly for some people, they lie dormant within others who need to look deeper in order to actualize their inherent potential.

Talent alone is like a buried treasure, it must be found and put to use in order for it to have value. Once it has been discovered, talent must be expressed in order for it to have an impact and create abundance. The more energy and attention invested into the talent, the more effective and productive we become.

Highly successful people do not get there from talent alone. They need to continuously sharpen their skills, motivate themselves and adapt their approach in order for their talent to manifest into their achievements. Those who use their talents to be of service to others or make a positive impact in the world, are those who understand the true meaning of success, for when we put our talents to good use in this way, we find the energy and motivation to continue expressing them as well as adapting their expression if necessary.

Choosing to discover and express your talent does not necessarily mean starting a new vocation, it can be something you open up to that enriches your life. When we're doing what we love to do, we build up energy and resilience that can be applied in other contexts. Talents don't need to be physical actions or even mental aptitudes, they can be qualities like imagination, intuition, wisdom, empathy, compassion, courage, love, etc.

Becoming aware of such traits within ourselves can inspire and empower us to make a difference in the world without needing to change our profession. We simply become more in-tune with our higher intelligence and more resourceful in the face of adversity, which in turn sets a positive example for those around us.

Those who believe that they are not talented or those that choose to not pursue their talents, selecting instead to climb the ladder that leans against somebody else's wall, may be setting themselves up for struggle. Negative beliefs about ourselves and our capabilities cause us to make choices that lead to unfulfilment and can cause [burnout](#). Even when we think we're making 'responsible' decisions based on financial and other implications, when those decisions prevent us from pursuing our talents, we prevent ourselves from living the life we're meant to be living and in so doing we pay a high price. Ignoring our talents means ignoring our purpose and this can lead to suffering on various levels – physical, psychological, social and spiritual. A life of meaning and purpose

is one in which we are aware of our talents and actively expressing them enthusiastically and ecologically.

The discovery of your talent arises from establishing a central purpose in your life. The [Authentic Self Empowerment \(ASE\)](#) process guides us to connect with our higher intelligence and identify our intrinsic talent(s). The process then enables us to identify which ideas and actions are in alignment with our life purpose so that our talent can manifest and be expressed optimally.

Be the talent that you are!

About the author - Jevon Dängeli

No matter what you think you are, You are more than that!
Me too...

I'm an adventure seeking and curious person who finds people and life amazing! I enjoy spending time in nature with my family and friends. Human behaviour intrigues me, especially what differentiates us as people. However, it's what connects and unifies all of us as human beings that most fascinates me.

I'm the author of [5 books](#) relating to Authentic Self Empowerment (ASE), including [The User Manual for Your Mind](#). I've recorded over 30 [audio-programmes](#) that include ASE plus other personal development and performance enhancing methodologies.



I was a Judo coach and personal fitness trainer in my 20's. In 1998 I began studying a variety of alternative healing methods, travelling extensively to learn from leaders in this field. Since then I've been passionately involved in helping people overcome their physical, emotional, relationship and spiritual challenges. I've been providing [NLP, coaching and hypnotherapy certification training](#) around Europe, the UK and South Africa since 2004. My training and experience along some profound personal insights lead to the formalization of the Authentic Self Empowerment™ approach in 2007. Since then I've been using ASE methods in every session with my clients as it has proven to be the most effective set of skills in my coaching, therapy and training repertoire.

The ASE methodology continues to evolve as suitable approaches from complimentary fields are integrated. In order to develop a specialized ASE treatment for excessive stress and burnout I have done research in this area as part of my MSc degree in 'Consciousness, Spirituality and Transpersonal Psychology'. I've had an interest in what motivates human behaviour for as long as I can remember. My desire to help people lead a purposeful life was catapulted when I survived an armed robbery at age 25. The perpetrator deliberately shot at me at close range and the bullet narrowly missed my head. This near death experience became a defining moment for me. I felt spared for a reason and after intense soul searching the reason became clear: *Make every moment of your life count, not because you never know when it may be over, but because every experience counts for something valuable!*

Although many years of training and experience continue contributing to the development of ASE, it was during a series of unignorable revelations that appeared during meditation where the initial ideas and motivation to create ASE were inspired. I was given a mission! Now, through studying, using and teaching ASE I'm able to fulfil this mission – helping people discover their true value, while being a proactive part of the Whole to which we all want to belong. As an [ASE Facilitator](#) & Trainer, my core skill is guiding individuals and teaching groups how to overcome perceived obstacles, limiting beliefs, unwanted negative emotions and *dis-ease* so that you can become more self aware and experience greater levels of joy, resourcefulness and productivity in your personal and professional life.

My job is to remind you that: *"When you change your internal map of reality, you change your external experience of reality too. And when you change your experience of reality, the world changes. That's how valuable you are!"*