



# OVER COMING YOURSELF

WEEK TWO





## WELCOME TO TODAY'S CLASS!

### OUR AGENDA

Intro To Topic / Expectations & Outcomes	01
Why Do We Hold Ourselves Back?	02
The Mind & Body Connection	03
The Power Of The Brain & Quantum Physics	04
Mental Rehearsals + The Power Of Mantras	05
How To Overcome Myself	06

## EXPECTATIONS & OUTCOMES

why we hold ourselves back

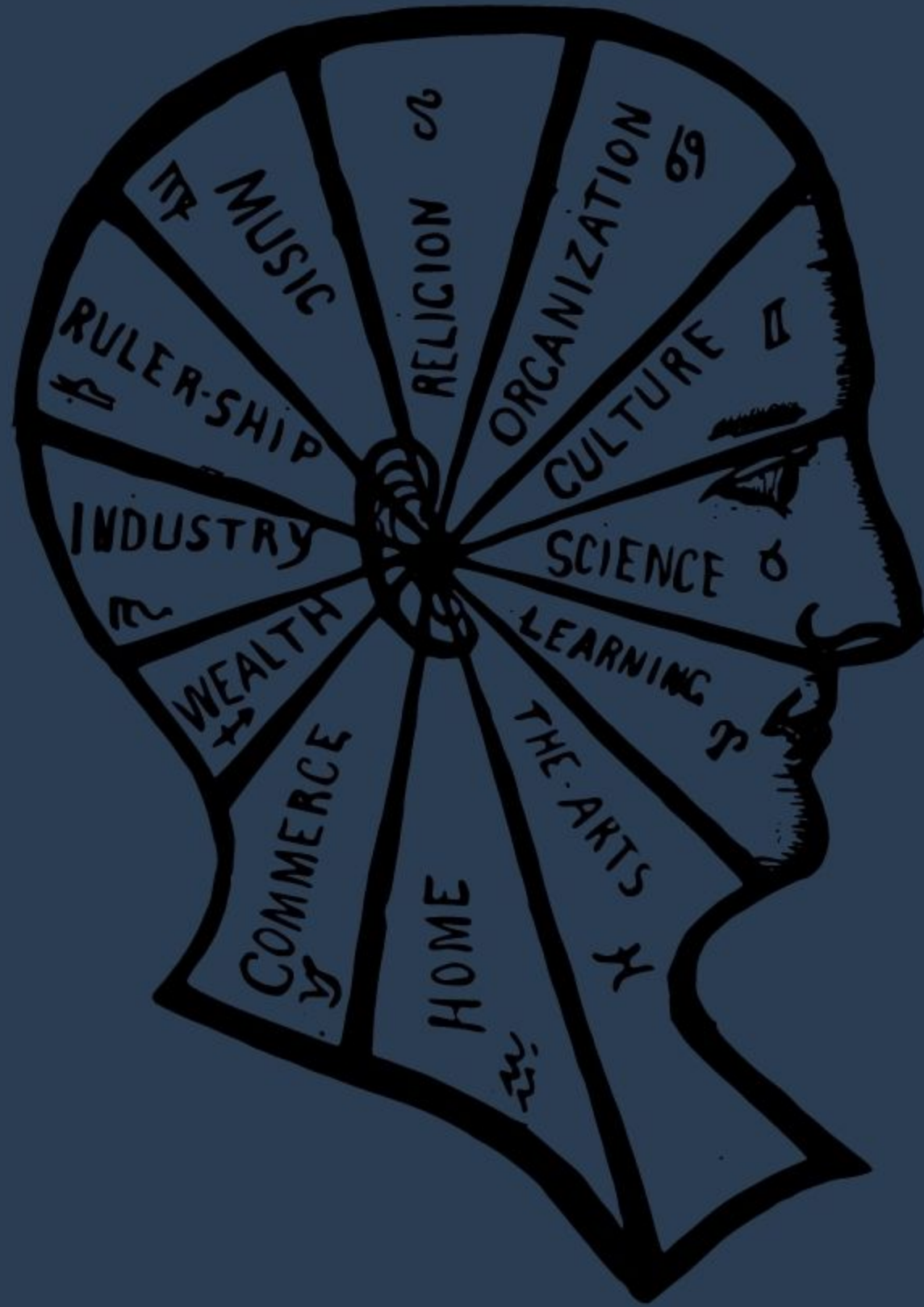
understanding your personal power and  
how to utilize it

the science behind how mind & body work  
together to create our reality

how to actually overcome ourselves







**YOU CAN KNOW ALL THERE IS TO  
KNOW ABOUT RUNNING A  
SUCCESSFUL BUSINESS AND  
WORKING ONLINE, BUT IF YOUR  
MIND IS NOT ON THE SAME PAGE  
AS YOU, YOU WON'T SEE  
RESULTS.**

# WHY DO YOU HOLD OURSELVES BACK & WHAT DOES THAT LOOK LIKE?

We aren't aware of the majority of our actions and thoughts that occur each and every day. When we're not aware of them, it's hard to pinpoint why things aren't going the way we want them to.

e.g. You can drive to the same place every day and you don't even know how you got there. You were zoned out the entire way. That's because your subconscious mind was leading the way whilst your conscious mind was off wondering about something else. - It's the same with every other element of your life.

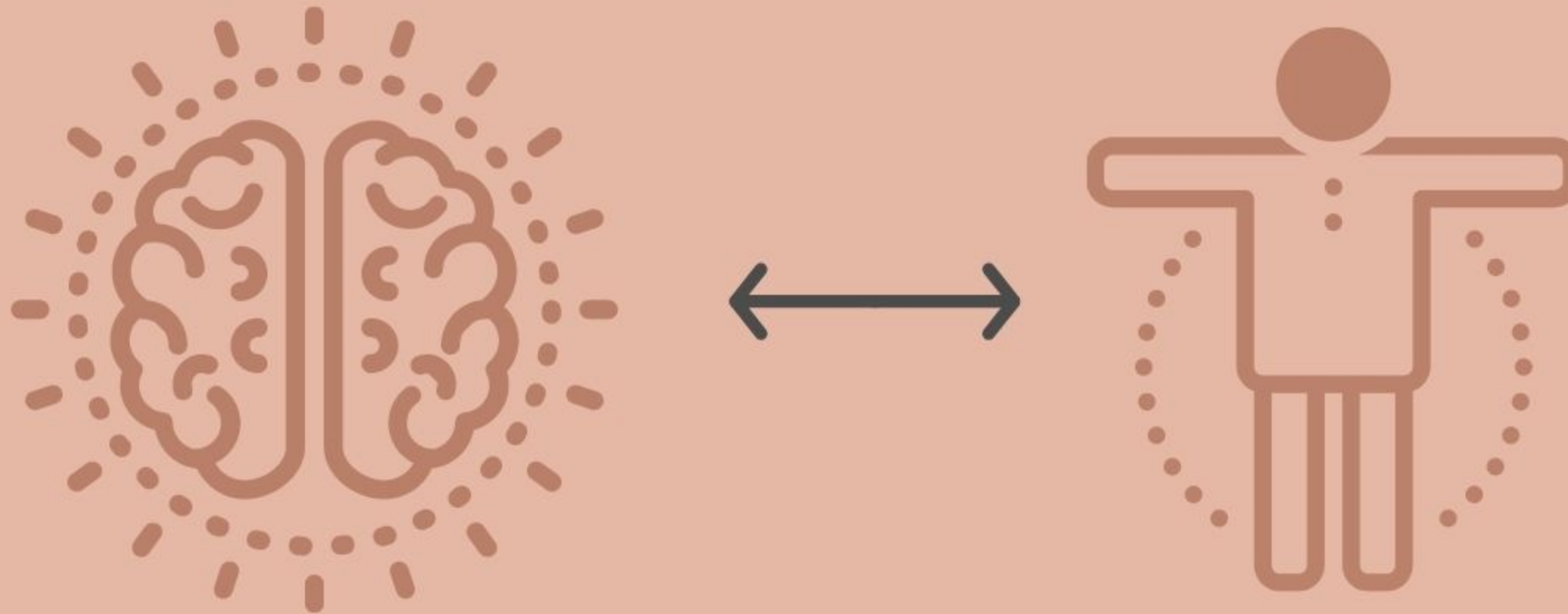
Our subconscious mind is the super computer than runs the show. These are deep beliefs that we've accumulated from childhood that we're not even aware of.

It's not your fault. But you can take back control.



# THE MIND & BODY CONNECTION

YOUR THOUGHTS LITERALLY AFFECT YOUR BODY, CREATING  
PHYSICAL SENSATIONS, EMOTIONS, EVEN ILLNESS.  
YOUR BODY THEREFORE AFFECTS YOUR THOUGHTS.  
THE KEY IS TO HAVE THEM WORKING IN HARMONY.



# MIND & BODY CONNECTION



95%

NINETY-FIVE PERCENT OF WHO AND WHAT WE ARE BY MID LIFE IS A SERIES OF SUBCONSCIOUS PROGRAMS THAT HAVE BECOME AUTOMATIC

LIKE DRIVING A CAR, TEETH BRUSHING, OVEREATING WHEN WE'RE STRESSED , WORRYING ABOUT THE FUTURE BLAMING OUR PARENTS OR NOT BELIEVING IN OURSELVES OR INSISTING ON BEING CHRONICALLY UNHAPPY ETC.



# MIND & BODY CONNECTION

THINKING & FEELING, FEELING & THINKING

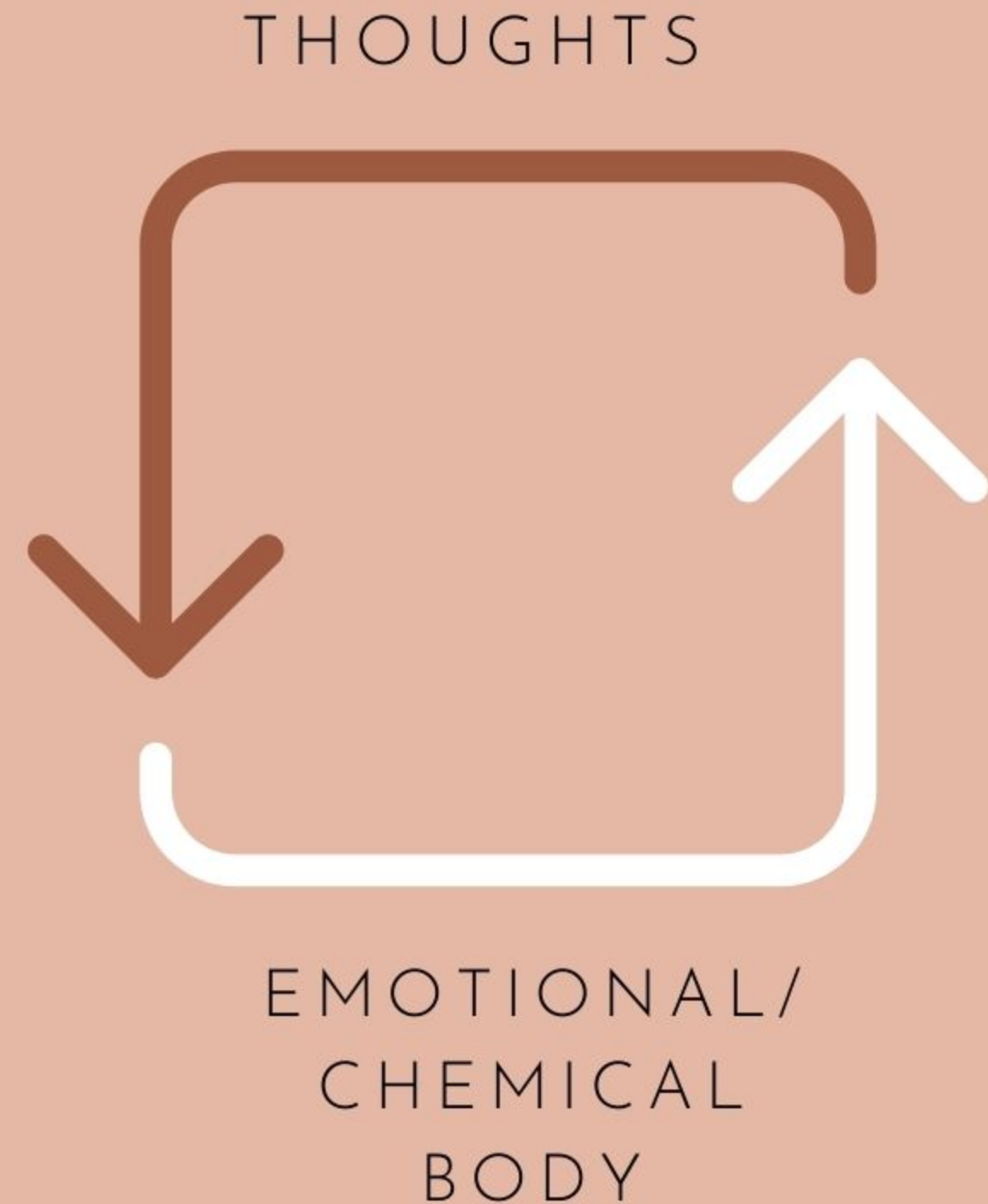
## THOUGHT LOOPS

YOUR CHEMICAL/EMOTIONAL BODY IS IN A NEVER-ENDING LOOP WITH YOUR THOUGHTS.

YOUR BODY WILL REACT TO THE THOUGHTS YOU HABITUALLY THINK, THEN BECAUSE OF THE CHEMICAL EMOTIONAL REACTION IN THE BODY, THAT THEN TRIGGERS THE SAME THOUGHTS, AND SO ON.

WE CAN'T THINK GREATER THAN HOW WE FEEL IN OUR BODIES, WHICH MAKES IT DIFFICULT TO CHANGE.

THE BODY (EMOTIONS) CONTROL THE MIND (THOUGHTS), AND SO ON AND SO FORTH.

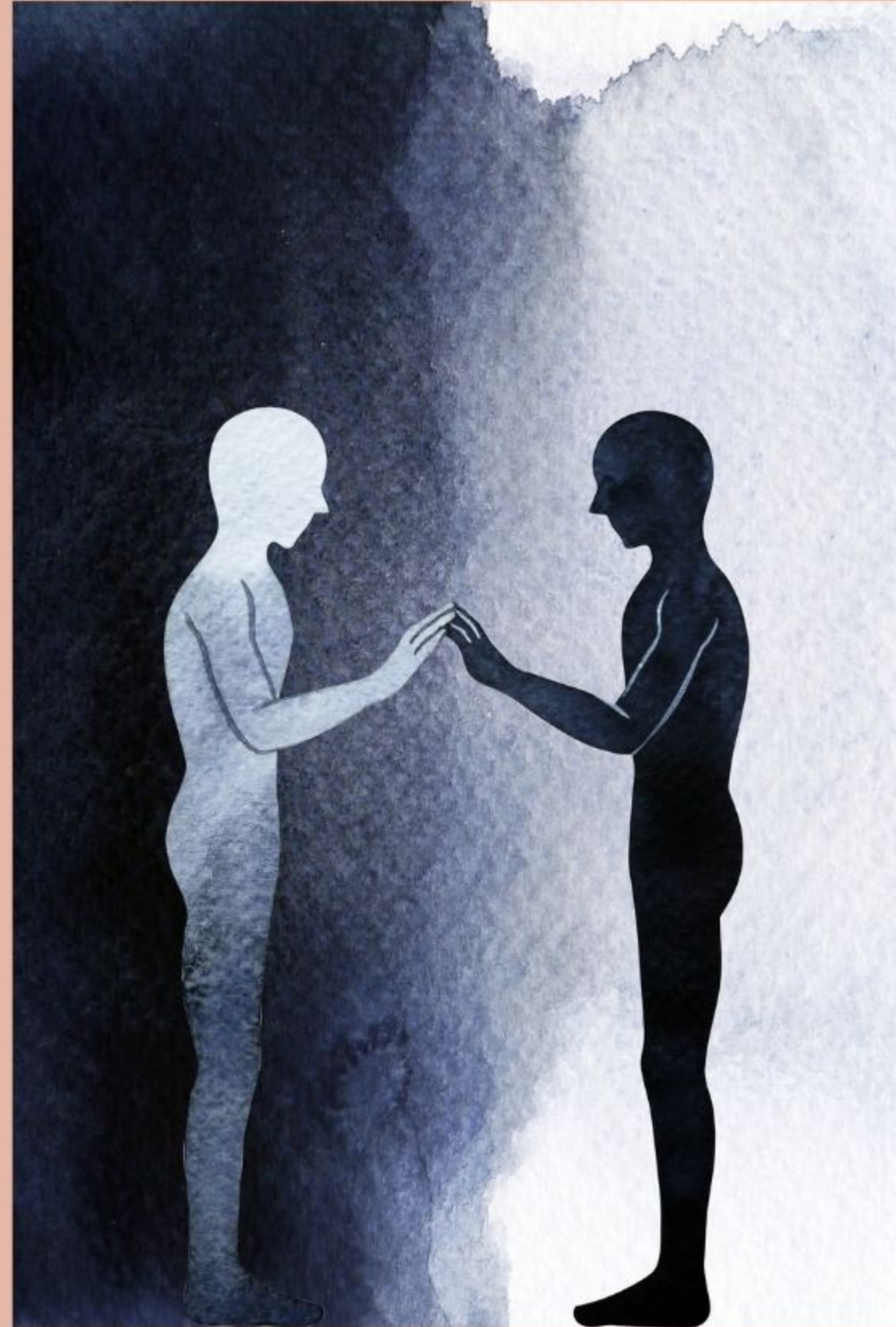




# MIND & BODY CONNECTION

WHEN FEELINGS BECOME  
THE SOURCE OF OUR  
THINKING, OR IF WE  
CANNOT THINK GREATER  
THAN HOW WE FEEL, WE  
CANNOT CHANGE WHO WE  
ARE AND HOW WE SHOW  
UP IN THE WORLD.

TO CHANGE IS TO BECOME  
BIGGER THAN WHAT OUR  
MINDS AND BODIES HAVE  
MEMORIZED.



POSITIVE THINKING IN  
THE ATTEMPT TO  
OVERRIDE HOW YOU  
FEEL WITHIN WILL NOT  
WORK. YOU WILL BE  
CONSCIOUSLY THINKING  
ONE WAY, BUT 'BEING'  
THE OPPOSITE.

WHEN THE MIND AND  
BODY ARE IN  
OPPOSITION, CHANGE  
CANNOT HAPPEN.



# EXERCISE | IDENTIFYING BELIEFS

ONE STEP AT A TIME





# BELIEFS + ANCHORS

## 4 ANCHORS THAT FORM OUR BELIEFS

EVIDENCE: SOMETHING  
HAPPENS TO PROVE  
YOUR POINT

LOGIC: IT MAKES  
SENSE, CAUSE IT IS  
ALWAYS CONSISTENT  
WITH OUR BELIEF

EMOTION: STRONG  
EMOTIONAL  
ASSOCIATIONS EMBED  
BELIEFS MORE  
INDELIBLY

SOCIAL CONSENSUS:  
WE BELIEVE MORE  
DEEPLY IF OTHERS  
BELIEVE TOO

## IDENTIFYING THE ANCHORS

PICK ONE BELIEF YOU  
CURRENTLY HAVE +  
APPLY THESE QUESTIONS:

WHAT  
EVIDENCE/EVENTS  
ANCHOR THE BELIEF?

WHAT LOGIC LOCKS IN  
THIS BELIEF; WHAT  
"DEPENDENT BELIEFS"  
FIT?

WHAT EMOTIONS  
ANCHOR YOUR BELIEF?

WHO AROUND YOU  
REINFORCES THIS  
BELIEF?

## RELEASING THE ANCHORS

EVIDENCE: WHAT  
ALTERNATIVE EVIDENCE  
SUPPORTS THIS NEW  
BELIEF?

BELIEFS: HOW CAN YOU  
REPLACE THE  
"DEPENDENT BELIEFS"  
IDENTIFIED ABOVE?

EMOTIONS: WHAT DOES  
IT FEEL LIKE TO REALLY  
LIVE THIS NEW BELIEF  
AND FULFILL YOUR  
DREAM?

SOCIAL CONSENSUS:  
WHO CAN YOU  
SURROUND YOURSELF  
WITH TO SUPPORT THE  
NEW BELIEF?

for your homework -

YOU WILL CARRY ON THIS PROCESS WITH YOUR TOP 5 LIMITING BELIEFS



# THE POWER OF THE BRAIN

IN ONE DAY, YOUR BRAIN PRODUCES MORE ELECTRICAL IMPULSES THAN THE ENTIRE WORLD'S CELLPHONES COMBINED.

WE DON'T REALISE THE POWER OUR MIND HAS OVER OUR LIFE AND SO MANY OF US ARE LIVING FROM HABIT

THE INSTANT WE HAVE A THOUGHT, FEELING, OR REACTION, THE BODY RUNS ON AUTOPILOT & WE GO UNCONSCIOUS." IT'S EXTREMELY AUTOMATIC





# THE POWER OF THE BRAIN

## THE GOOD NEWS

YOU CAN PHYSICALLY CHANGE YOUR MIND AND BODY TO MATCH AN EVENT THAT HASN'T HAPPENED YET. YOUR ENVIRONMENT IS AN EXTENSION OF YOUR MIND.

YOU HAVE TO UNLEARN/UNWIRE YOUR OLD THINKING AND FEELING PATTERNS AND RELEARN NEW, BETTER ONES.



IN COMPUTER TERMS..

THINK OF THE BRAIN AS THE  
**HARDWARE**

AND THE MIND AS THE  
**SOFTWARE**

THE SOFTWARE CAN ALWAYS BE  
ALTERED, REMOVED, ADDED,  
OR IMPROVED.

**5 MINUTE BREAK**





A photograph of a white sailboat with a wooden cabin, floating on clear, turquoise water. Several people are jumping from the boat's deck into the water. The background shows a dry, hilly coastline under a clear sky. The text 'QUANTUM PHYSICS' is overlaid in large, bold, white capital letters, and 'THE PHYSICS OF POSSIBILITY' is overlaid in smaller, white capital letters below it.

# QUANTUM PHYSICS

THE PHYSICS OF POSSIBILITY



# QUANTUM PHYSICS

“

the physics that explains how everything works: the nature of the particles that make up matter and the forces in which they interact with our physical world at the scale of atoms, energy and subatomic particles

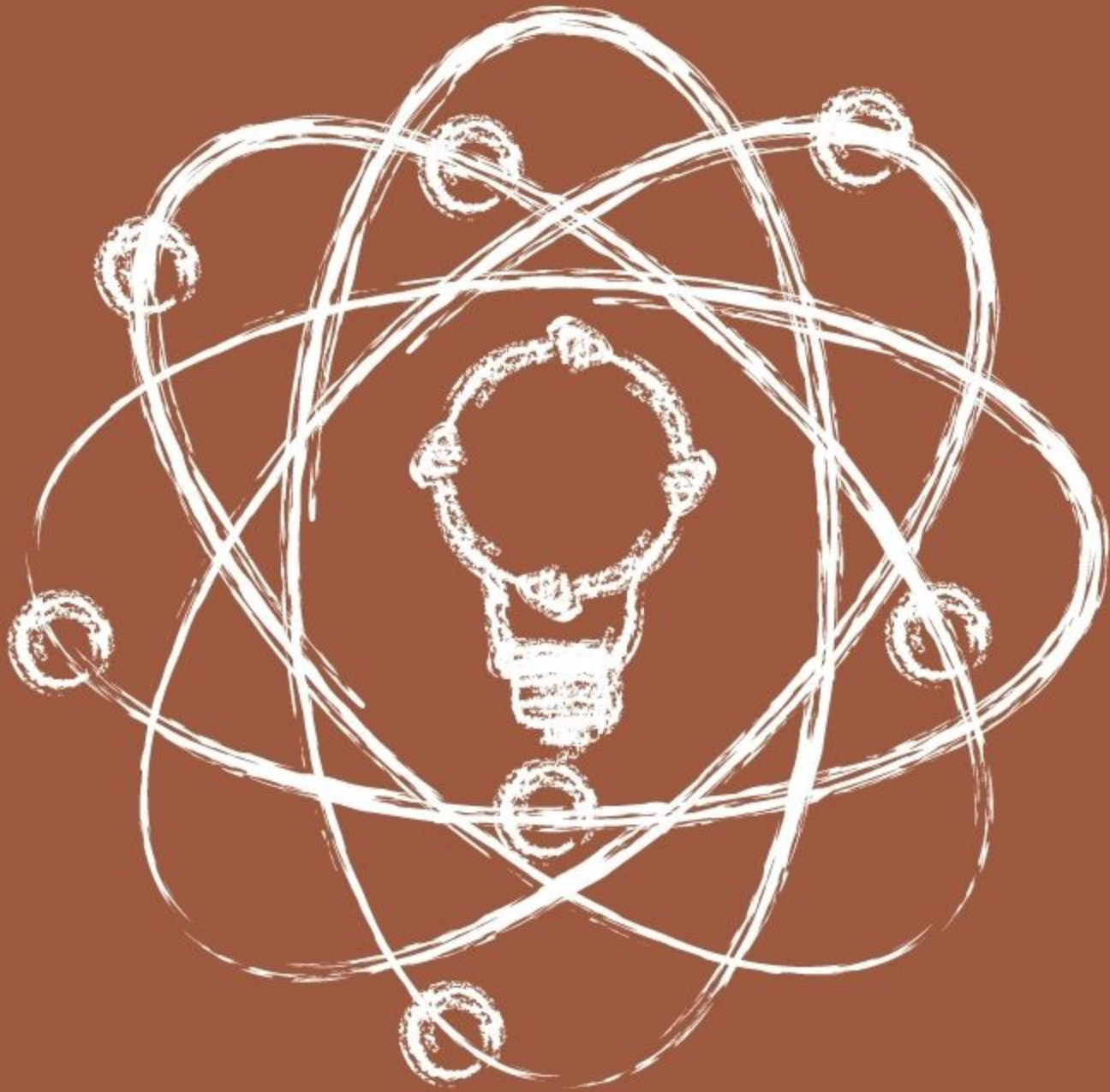
WE SPEND SO MUCH OF OUR LIVES LOOKING OUTSIDE OF OURSELVES RATHER THAN LOOKING INSIDE OF OURSELVES.

WE ARE CONDITIONED TO ONLY LOOK AT PARTICLES + MATTER (YOU+ I / THINGS) RATHER THAN ALSO LOOKING AT ENERGY AND INFORMATION.

YOUR MIND HAS AN EFFECT ON THE OBJECTIVE WORLD. WHICH MEANS THAT MIND AND MATTER ARE SOMEHOW CO RELATED.



# QUANTUM PHYSICS



YOU CANNOT DO A QUANTUM PHYSICS EXPERIMENT WITHOUT AN OBSERVER AROUND. MEANING:

A MIND ALWAYS HAS TO BE PRESENT BECAUSE IT WILL INFLUENCE THE OUTCOME.

SO NOW THERE'S AN INDIVIDUAL FIELD OF INFORMATION THAT YOU AS A PERSON CAN SOMEHOW INFLUENCE WITH YOUR MIND.



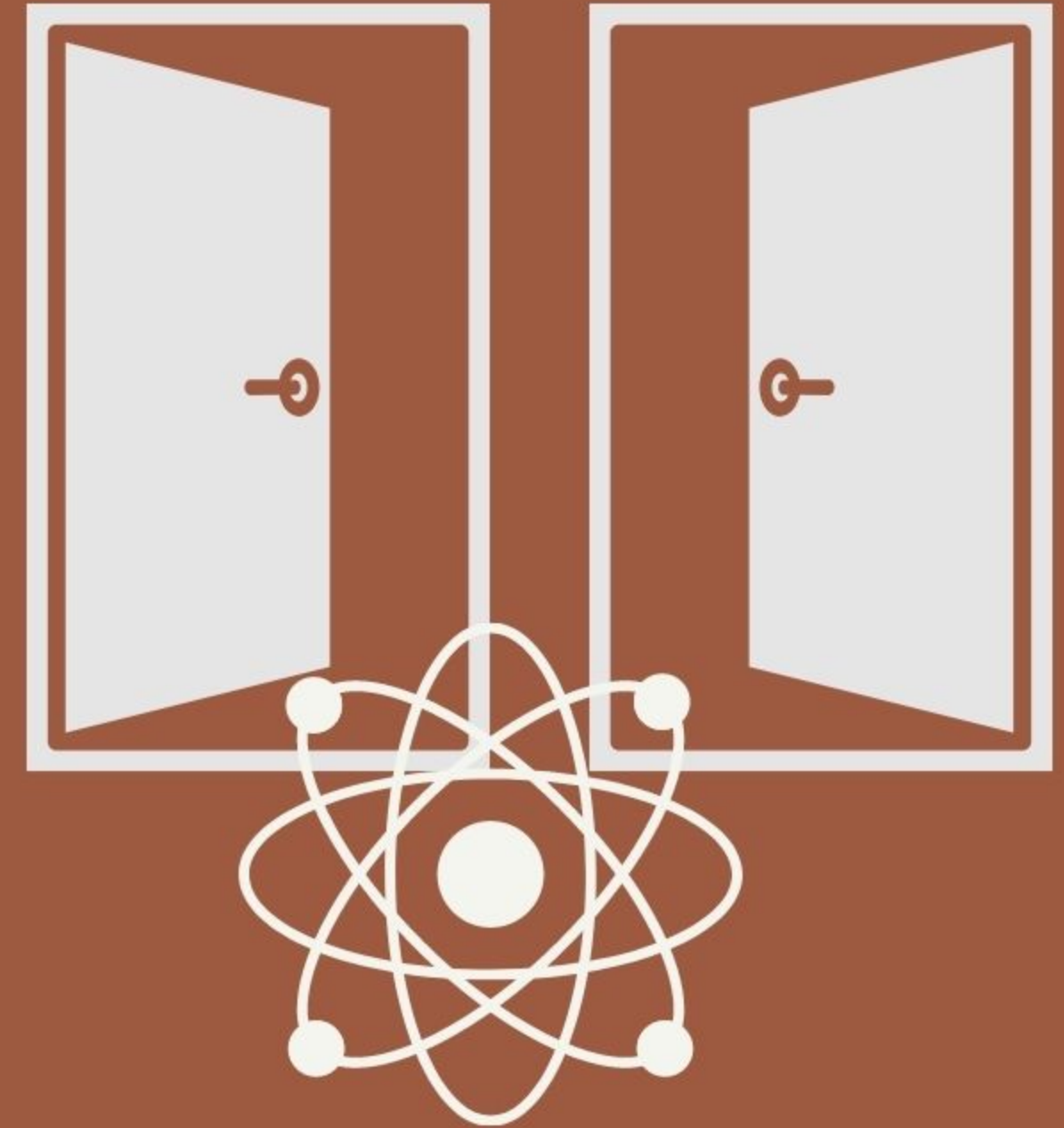
# QUANTUM PHYSICS

## THE DOUBLE SLIT TEST

IF I THROW THIS BOOK ACROSS THE ROOM, AND THERES 2 DOORS ON THE OTHER SIDE OF THE ROOM, YOU'D THINK IT WOULD EITHER GO THROUGH ONE OF THE DOORS, OR HIT THE WALL OR FLOOR ETC

IN THE DOUBLE SLIT TEST, THATS WAHT THEY EXPECTED TO HAPPEN. WE HAVE A PARTICLE, 2 DOORS, ITS GOING TO GO THROUGH ONE OF THESE. BUT WHAT HAPPENED BLEW THEIR MINDS. IT ACTUALLY WENT THROUGH 2 DOORS AT THE SAME TIME.

AND IT WOULD CHANGE EACH TIME THEY STUDIED IT. SOMETIMES IT WOULD GO THROUGH ONE DOOR, SOMETIMES 2, THEY REALIZED THAT THE ACTUAL ACT OF STUDYING IT AFFECTED HOW THE PARTICLE CHANGED.



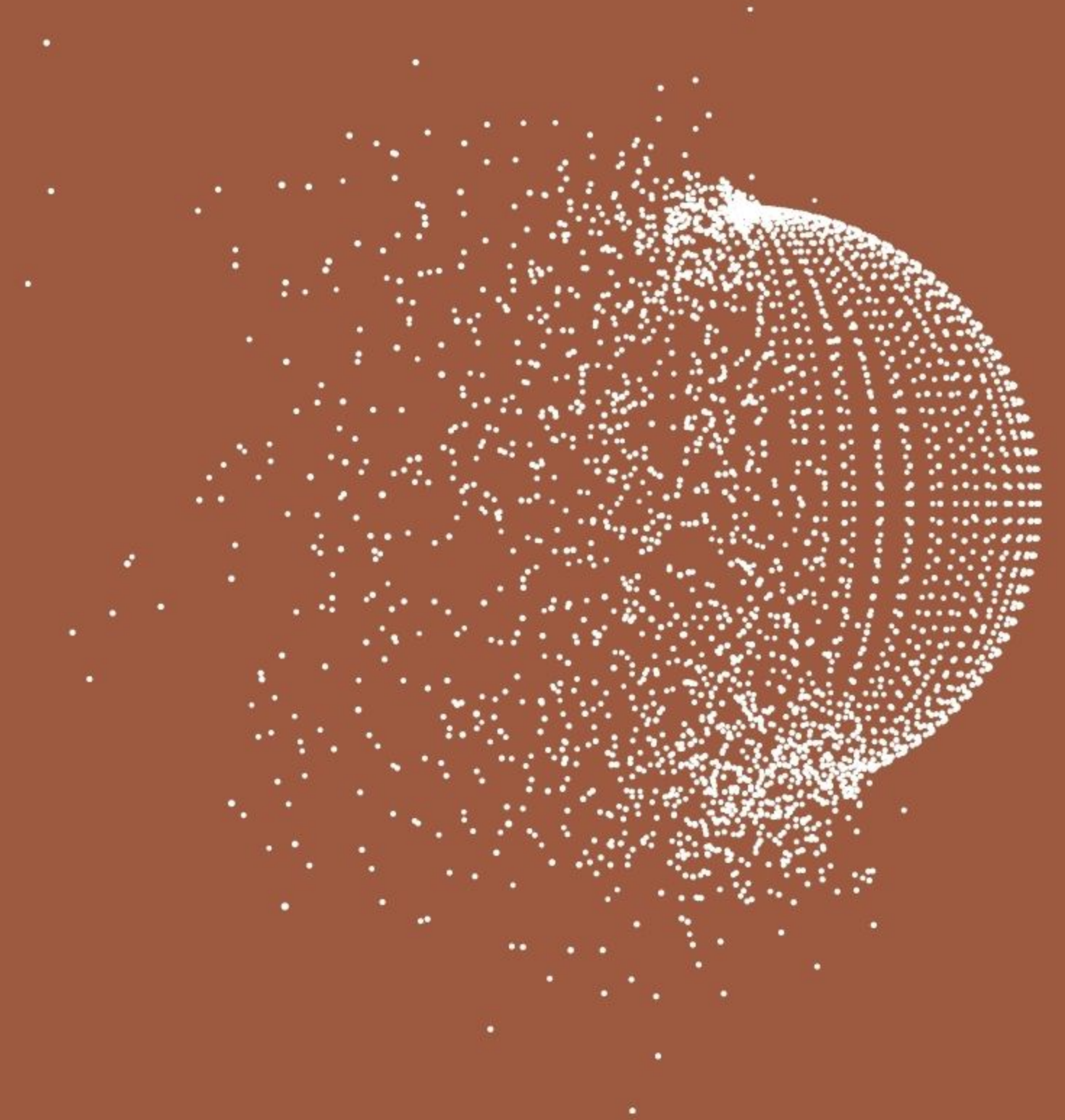


# QUANTUM PHYSICS

WHAT THEY FOUND IS THAT ON A QUANTUM LEVEL ENERGY BEHAVES AS A WAVE NOT A PARTICLE, AND ITS NOT JUST PHYSICAL PIECES OF MATTER, ITS ENERGETIC. INCLUDING EVERYTHING IN THE UNIVERSE.

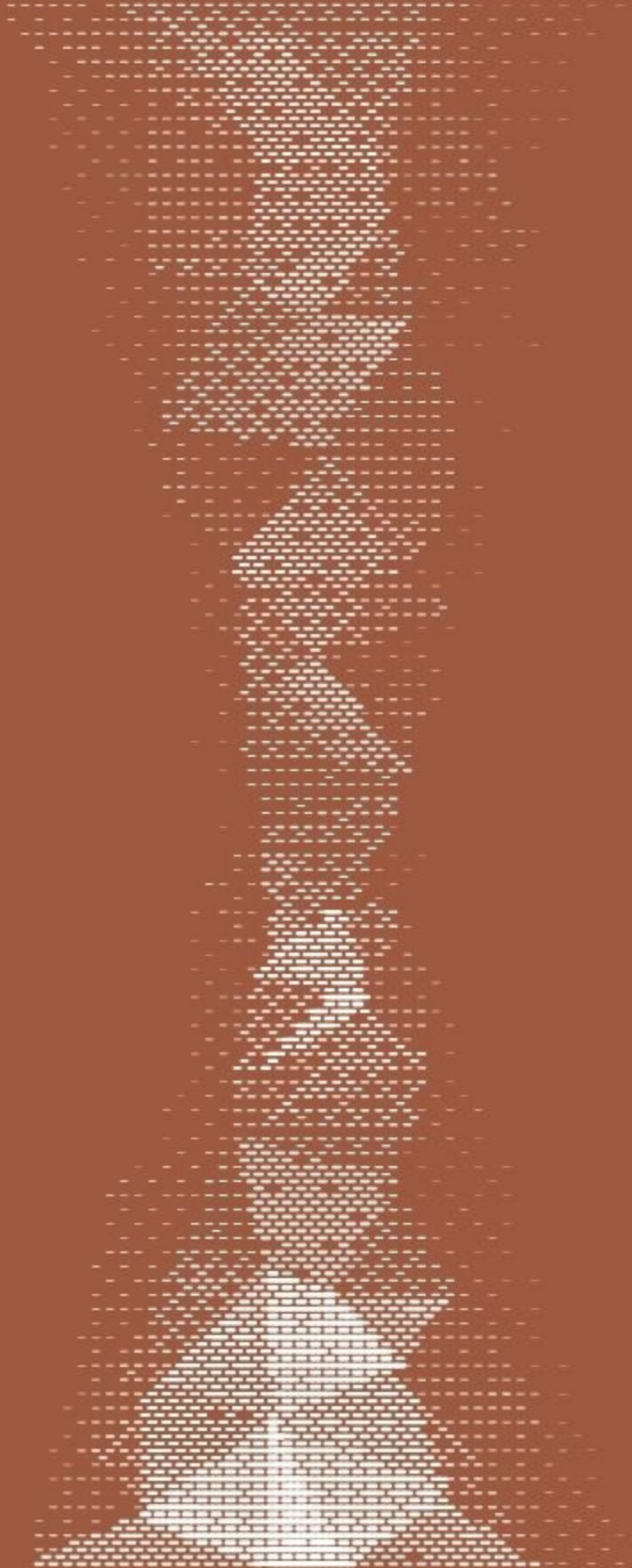
INCLUDING YOU, AND YOUR THOUGHTS AND YOUR BODY. IF YOU LOOK AT YOUR ARM ON A CLOSE UP LEVEL, ITS JUST A BUNCH OF ATOMS VIBRATING TOGETHER. 99.9999% EMPTY SPACE.

NOTHING IS SOLID OR FIXED. YOUR THOUGHTS ARE INTERTWINED WITH YOUR EXTERNAL REALITY AND YOUR BODY





# QUANTUM PHYSICS



YOU ARE MOVING IN AND OUT OF  
THE QUANTAM FIELD 7.8 X PER SECOND

WHAT DOES THIS MEAN??

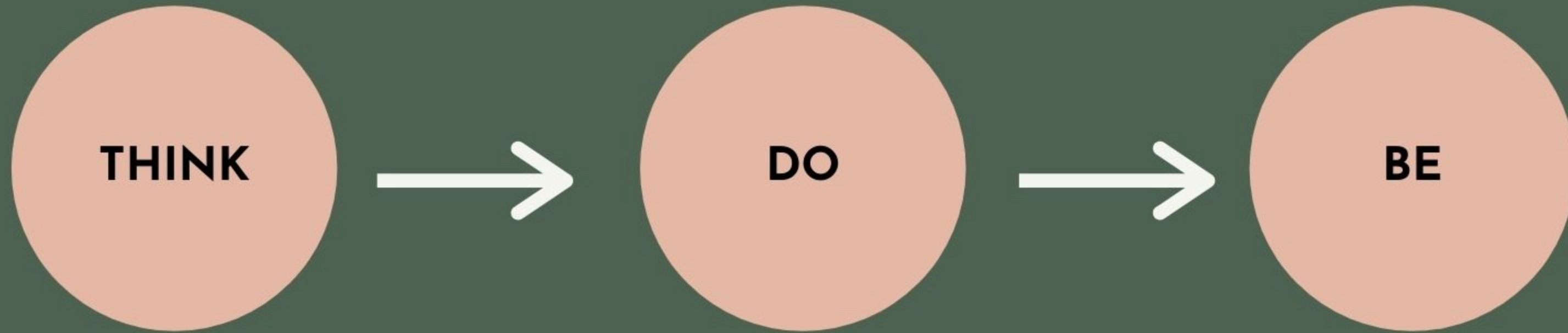
YOUR BODY IS VIBRATING IN AND OUT OF  
THE VIBRATIONAL FIELD ALL DAY EVERYDAY

WITH ALL THAT BEING SAID...

IT CAN FINALLY BECOME CLEAR EXACTLY HOW  
AND WHY THE WAY YOU THINK AND FEEL AND  
PERCEIVE THINGS CAN CREATE YOUR REALITY.  
WHICH IS IT'S SO IMPORTANT TO OVERCOME  
YOUR BELIEFS AND STATE OF BEING.



# WE'VE GOT IT BACKWARDS



MOST OF US BELIEVE THAT WE MUST FIRST HAVE THE THOUGHT TO THEN BE ABLE TO 'DO' AND THEN ONLY CAN WE BECOME WHAT AND WHO WE WANT TO BE.

BUT THIS IS REALLY HARD, AS THE MAJORITY OF OUR THOUGHTS ARE ACTUALLY UNCONSCIOUS IN THE 'BE' SECTION.

THIS MODEL IS SAYING THAT SOMETHING OUTSIDE OF US HAS TO HAPPEN FOR SOMETHING TO CHANGE INTERNALLY



# IT STARTS IN BECOMING

INSTEAD OF THINK - DO - BE IT'S ACTUALLY BE - DO - THINK

THIS IS WHERE THE EXPLANATION OF QUANTUM PHYSICS STARTS TO MAKE SENSE. THIS MODEL IS SAYING THAT ONCE YOU SHIFT SOMETHING INTERNALLY, THEN YOUR EXTERNAL CIRCUMSTANCES CHANGE.

ONCE YOU BECOME THE PERSON WHO IS WORTHY OF WHAT YOU WANT, YOU CAN DO FROM THAT PLACE AND THEN YOU ARE ABLE TO THINK THE RIGHT THOUGHTS WHICH INSPIRE CHANGE.

WHAT IS INSIDE OF ME INTERNALLY REPRESENTS WHAT HAPPENS EXTERNALLY  
WHEN I FEEL GOOD INTERNALLY, THEN MY LIFE STARTS TO CHANGE

WHEN I BECOME HAPPY, THEN I DO HAPPY, THEN I THINK HAPPY





# MENTAL REHEARSALS

WE CAN MAKE SIGNIFICANT CHANGES IN OUR LIVES FROM HARNESSING OUR MINDS. THE BRAIN DOESN'T KNOW THE DIFFERENCES BETWEEN WHAT ITS THINKING AND WHAT IT'S EXPERIENCING EXTERNALLY

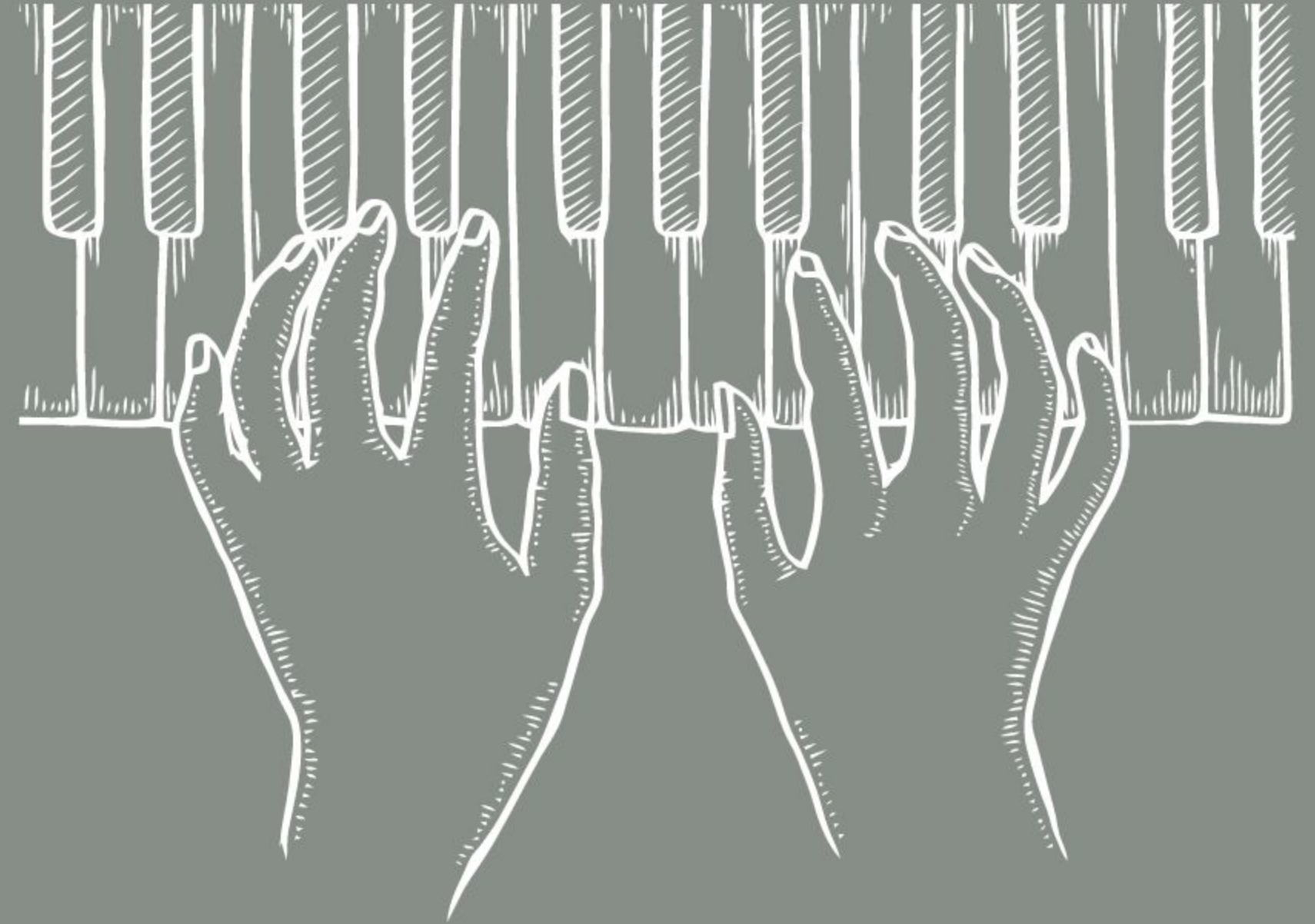
## THE PIANO STUDY

2 GROUPS OF NON-PIANISTS ASKED TO LEARN PIANO EXERCISES FOR 2 HOURS A DAY FOR 5 DAYS.

**GROUP 1 : PHYSICALLY PRACTICED ON THE PIANO,**

**GROUP 2 : THE OTHER MENTALLY REHEARSED.**

AT THE END OF 5 DAYS, BRAIN SCANS SHOWED THAT BOTH GROUPS LEARNT THE SAME AMOUNT OF NEW BRAIN CIRCUITS





# SO HOW CAN I OVERCOME MYSELF?



## BE REAL WITH YOURSELF

have the courage to confront yourself. take time to recognize where it is in your life that you need to do the most work and the most reprogramming. make a list. is it in levels of self worth? success? love? money? wellbeing? etc.



## DEVELOP A PRACTICE

based upon your evaluation of self - develop / craft a daily practice / ritual that helps address / start to adjust the programming (software) in your mind. make repetition and consistency your priority. make it a non negotiable.



## OUTSMART YOURSELF

its easy for self-limiting thoughts to creep in and cause us to give up quickly and lose track of the progress we're after. Especially if we haven't planned ahead with the resources and practices we need to be focusing on. try and consistently do things that are against what you know so you can challenge your brain to create new neuro pathways and outsmart your outdated software.



# MEDITATION

BECOMING  
MINDFUL  
AND  
OBSERVANT  
OF YOUR  
THOUGHTS



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## **IN TIBETAN LANGUAGE, MEDITATION MEANS "TO BECOME FAMILIAR WITH"**

at first - meditation is not going to be about becoming perfect at getting still and being some sort of zen master. It's about being the observer of your mind + what thoughts constantly arrive and how to detach from them

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## **MEDITATION IS THE BRIDGE BETWEEN THE CONSCIOUS AND SUBCONSCIOUS MIND**

Slowly but surely - you will get better at it. Which is why it's considered a practice. You are not just going to be naturally good at it. But it will get easier + easier with time. You will see how helpful it becomes to reprogramming.

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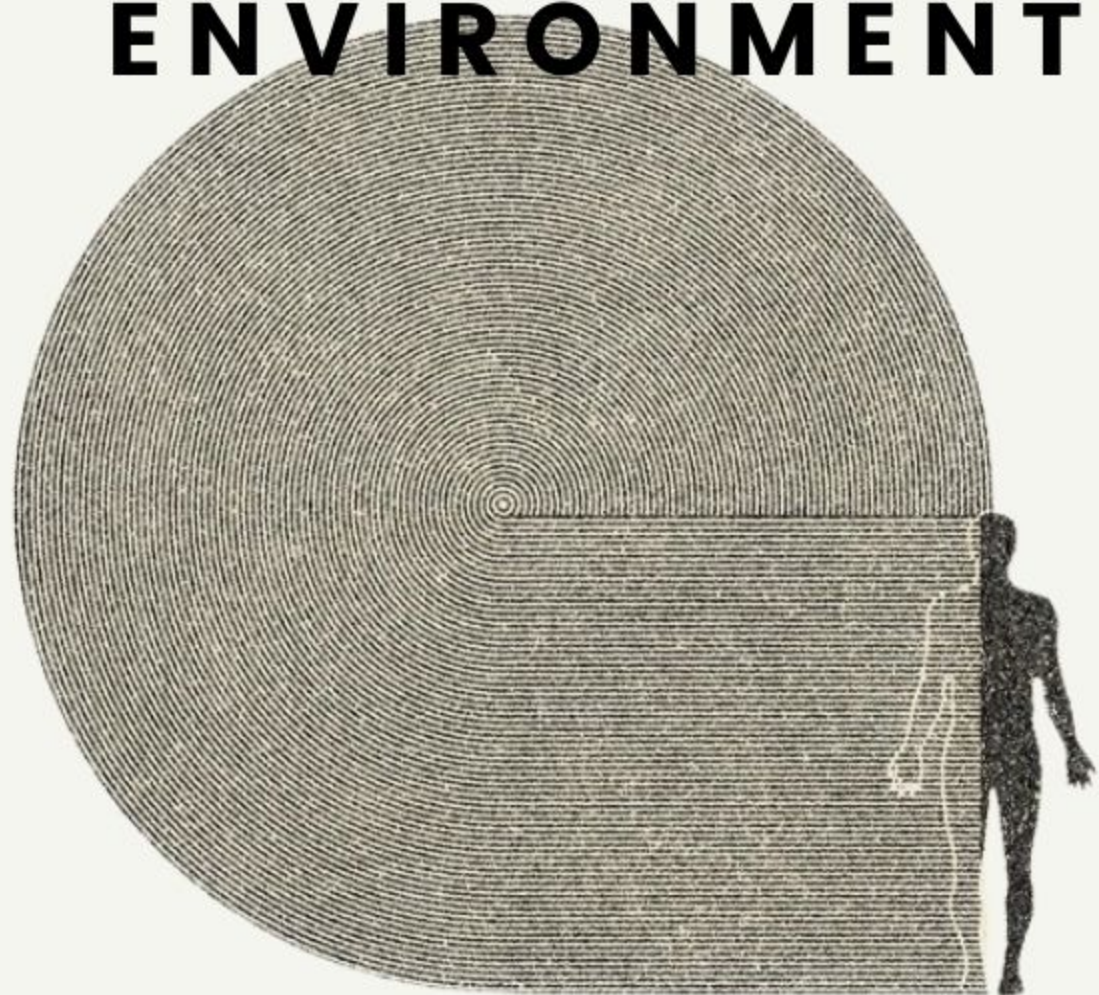
## **OBSERVING THE OLD, CREATING THE NEW**

Think of Meditation as a way to take out the trash. Every time you sit down and take time to be present with yourself, you are clearing out space for new thoughts, and ideas to come through. Creating a new state of being + awareness .

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# THINK GREATER THAN YOUR ENVIRONMENT



## PEOPLE WHO OVERCAME HUGE OBSTACLES

AMY PURDY - a woman who endured a freak accident who suddenly had to have both of her legs amputated and was left with nothing to give her motivation for life. she ended up becoming a pioneer in the Paralympic snowboarding world.

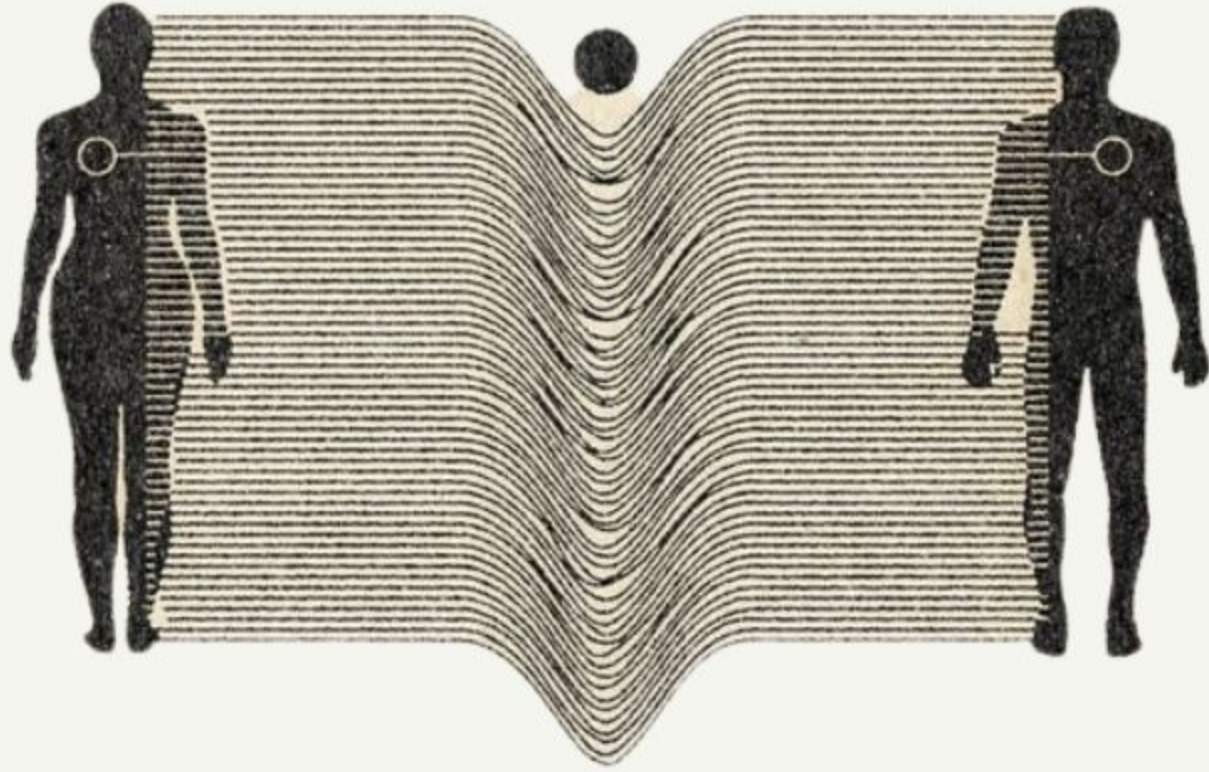
## TRAIN YOUR MIND WITH 1000% CERTAINTY THAT IT WILL WORK

Seeing is believing. But believing is not seeing. You have to live by faith, not by sight. Allow all of the evidence that surrounds you in science and quantam physics and the people who teach these things to be proof that it's possible.

## BRING AN EMOTIONAL CHARGE BEHIND YOUR VISION

If you take a positive intention and marinate with positively charged emotion - it creates a wave in the quantum field an automatically alters reality. It is then, only a matter of time till matter catches up to it.





# THE SCIENCE OF POSITIVE SPEAK AND THE POWER OF FOCUS

## MANTRAS

In Sanskrit - 'Man' is meaning mind and 'tra' meaning instrument. This means that a mantra is an instrument of the mind. This repetition of a mantra creates a mental vibration which brings the mind into a deeper state of inner awareness. You don't even have to believe in mantras for them to work. they just do. It is a sacred phrase recited/repeated internally during practice.

## AFFIRMATIONS

Affirmations are different from mantras because they are more deliberate statements / phrases that are repeated to help you to overcome self-sabotaging, negative thoughts patterns, and subconscious programming. Phrases such as "i am successful at everything I do" "i am always provided for". Fake it until you make it (until your conscious mind catches up).

## REPETITIVE POSITIVITY

The key is in constant repetition and daily ritual. This is where the reprogramming comes in. Consistency here is the material that helps bridge the gap between automatic / subconscious thinking to deliberate thinking. It gets you in the habit of positive thinking so much so that when negative thoughts creep in - you will find yourself automatically correcting them with a mantra or affirmation.





## 5 MIN EXERCISE

BIG YOURSELF UP

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I'M PROUD OF MYSELF BECAUSE...

SOMETHING THAT WENT WELL TODAY WAS..

A GOOD QUALITY I AM LEARNING IS...

SOMETHING I LIKE ABOUT MYSELF IS...





## **MICHAEL ANGELO AND THE STATUE OF DAVID**

"DAVID WAS ALREADY IN  
THE STATUE, ALL I DID WAS  
CHIP AWAY AT THE MARBLE"



# REALISE HOW POWERFUL YOU ARE



YOU HAVE SOOO MUCH  
POTENTIAL. YOU HAVE SO MANY  
GIFTS. YOU HAVE SO MUCH TO  
GIVE. ITS ALL IN THE MARBLE.

LIKE THE ACORN THAT HOLDS  
WITHIN IT EVERYTHING IT NEEDS  
TO KNOW TO BECOME THE BIG  
OAK TREE IF GIVEN THE RIGHT  
NUTRITION AND ENVIRONMENT.  
BUT YOU HAVE TO BREAK THE  
HABITS.

LOSE YOUR MIND TO CREATE A  
NEW ONE





## HOMEWORK

3 PARTS



### **BREAKING DOWN BELIEFS**

this is essential to understanding what your current beliefs are, why you believe them so strongly, and how to successfully rewire them.

A continuation of the 'beliefs & anchors' exercise.



### **TAILORED AFFIRMATIONS**

affirmations are a fantastic way to create repetition in your life and repeat phrases that feel empowering the exercise here is to write out a negative belief and then create an affirmation that is in opposition to that belief.



### **CRAFTING A MORNING PRACTICE**

we challenge you to create a designated morning practice that includes meditation, gratitude journaling, affirmations + anything else that feels necessary for your lifestyle and apply it to your life for the duration of this course and onwards of course!.



## THANK YOU FOR A LOVELY LESSON

Prepare any questions you have for the Q&A call  
and be sure to share your thoughts with us in our  
Telegram chat/Facebook group!

