

Lesson 5: Negative Thoughts, Beliefs and Ideas

One technique for the pupil of Warrior Mind Strength to start to develop their conscious mind is to become aware of and remove...and sometimes destroy the negative thoughts, beliefs and ideas that are circulating around in your mind.

There are 4 simple methods for eliminating non supportive ideas and thoughts from your consciousness.

Before we get into the four steps there is one thing you need to realize and that is it makes NO difference to the conscious mind whether you think constructive or destructive thoughts. It does however make all the difference to your results, to your actions and to your life, but it makes no difference to your mind.

Your are not your mind

Be aware that I'm talking about you and your mind as if they're different, and they are. Just as you are not your body, you are not your mind. Eventually what you will come to understand is that you are not your mind, just like you are not your hands or you are not your feet...you are not your mind. And it makes no difference to your conscious mind whether you think supportive or non-supportive thoughts. But again...it makes all the difference to you, all the difference to your life and all the difference in your actions to create the things you desire.



Your Mind as a Garden

So what you are going to start to do is to tend to your mind like person tends to their garden, and the weeds of your mind are your negative thoughts, beliefs and ideas. There are four outstanding methods and techniques for refining your mind.

In the following four techniques you will notice that they are completely different and independent ways of dealing with negative thoughts, beliefs and ideas. Some of the techniques are actually contradictory to one another. These are useful tools to tend to your garden. Every good gardener has several tools to use to ensure their garden is weed free and these are the tools for your mind.

Neutralizing Negative Thoughts

The First Technique is Called “Hack it off!”

This may sound gruesome, but it is effective. The “hack it off” technique is used the moment you realize you’re thinking negative thoughts...the instant you recognize it’s non-supportive you hack off that thought process. You instantly remove that thought stream from your consciousness.

You then inject a totally different thought in your mind. The key here is that you don't argue with the thought, you don't analyze it; you don't defend yourself against it...you just immediately sever that thought flow and insert a totally different one in your mind.

The crucial point here is the instant that you recognize it you sever that connection, kind of like pulling a plug on a lamp. I guess you could label this the “pull the plug”, but doesn't ‘hack it off’ sound more like a warrior?

This will take practice, but it’s been the laziness of the mind that has been producing the non favorable results we’ve gotten.

This practice will be four simple steps:

1. To recognizes that you are thinking a non supportive or negative thought
2. Hack it off as soon as you realize it
3. Insert a supportive thought
4. Move on...leave the negative thought behind you and move forward

The Second Method is “Identification”

In this method you become an observer. You observe thought then identify it. So what you do is when you experience a disempowering thought you say, “OK...what I’m observing is a negative thought.” You simply observe it, and instead of putting it off, you observe it and identify it.

In this second method, the goal is to become the Observer of the thought. As the Observer of the thought the first thing that you do, the most important thing that you do is you label (identify) it. You say, “What is happening inside me is I am now experiencing “a negative thought” and don't get caught up in it!

When you understand this next fact, you are a 75% of the way to eliminating the negatives from your life, simply by understanding this next fact and truth. I'm going to write it three times and I want you to read it three times.

I want it to exude in your consciousness!

I wanted this to burn permanently into your consciousness!

I want you never ever to forget this next truth because once you know what you are 75% of the way of a let a negatives thoughts just by simply understanding this next truth!

Ready?

- ***Negatives only have power over you when you react to them!***
- ***Negatives only have power over you when you react to them!***
- ***Negatives only have power over you if you...the only time they have power over you is when you react to them!***

When you fail to react to the negative, it has no power, zero, nothing, nada over you.

Negatives act like psychic leeches; negatives shuck the energy from you. Negatives get their power from you, it's your reaction that gives them power. If you fail to react to it, it has no power over you. This is so crucial to know and understand.

So when the negative comes to you in this technique what you do is you just remind yourself calmly that *“It's only a negative thought...it's only a negative thought...it's only a negative thought.”*

No matter how “big” the thought, the key is to simply remind yourself that it's only a negative thought, over and over and over again, and it has no more power over you then what YOU give it!

The Third Technique is “Amplification”

In the amplification technique what you do is that what ever the negativity thought is you amplify or exaggerate it into ridiculousness, and the key is ridiculousness. If you only amplify/exaggerated it you actually make it worse. By a little bit of exaggeration you make it worse, but the use of OVER amplification and exaggeration you take the power away from it. This is really Theater of the Absurd.

Wouldn't it be wonderful if negative thoughts came with little warning signal? You know, if you have a bell on your head indicating ignore this, it's only a negative thought. But they don't...they actually sound more like the voice of God..."Guess what's going to happen to you!?" Negative thoughts hit you from left field, so to have knowledge of these techniques you'll be better prepared to handle them.

And remember, negatives only have power over you when you react to them, so anything you can do to stop the reaction is a tool to use.

The Fourth Technique is “Counteract”

With this method you counteract the negative with the exact opposite. So what ever that negativity is, you counteract it with the exact opposite. For example, when the thought comes to you that I'm not going to make another sale today, counteracted with the exact opposite, I'm going to make another sale today.

When the thought comes to you that I am going to lose my job, counteract it with the exact opposite, I'm going to be fabulous in my job. When the thought comes to you that you're never going to get ahead financially, counteract it with the exact opposite, I'm going to be tremendously successful financially. When the thought comes to you that you're a worthless person, counteract it with the exact opposite, I'm an amazing person.

You see, the mind can only think one thought at the time. Sure, it might appear to you that you're thinking many thoughts at the same time, but really what's happening is your thinking one thought, after another one thought, after another one thought. If you take out the negative and put in the exact opposite you take the power away from it.

Use a Boxer's Method



Just like a boxer boxing his opponent, the next time you experience a negative thought, experiment with some combinations. In this case instead of a left jab, right hook and some body shots use the combinations from above. You have a negative thought; hit it with 2, 3, and 1, and then follow-up with a 4, 1 and 2. Again, experiment with these techniques to determine your favorites and the ones that work better than others.

The good news is you know you have the tools to eliminate disempowering thoughts from taking hold of you. The “bad” news is...you no longer have ANY excuses!

You must take responsibility for your consciousness!

From this point on you have the choice to either entertain negatives or dismiss them. The choice is yours as well as living with the results.

Field Work:

- Until the next session take one method a day for neutralizing negatives and practice it several times a day.
- Journal your experience and thoughts