

## Session 9: Inner Work

Now we're going to start our journey into the inner world, this is where ALL creation starts. With a solid grasp of the inner world workings you will be in a position to create and demonstrate the EXACT life you desire

### Seeding



The first technique for working in the world is 'seeding.' What seeding is, is an energy...a vibration...it's a feeling. For example, you feel what confidence is like, you can feel happiness, and you can feel these vibrations in your body.

What the seeding technique is that you are vibrating with (feeling) the energy of the "thing" you want as if you already have it.

To do this, you will need to use your imagination and create the feelings and vibrations of the life you desire as if you already have it...your imagination is more powerful than intelligence. As Albert Einstein said "The true sign of **intelligence** is not knowledge but **imagination.**"

When you use imagination **consistently, regularly and persistently** you can create ANYTHING! The key here is consistently, regularly and persistently. When this done now and again...well...that's called daydreaming, and has no effect. This means everyday, day in and day out you are going to, with purpose and consciously, use and control your imagination.

**Your imagination is your ability to create your life!**

So you're going to use, honor and work with your imagination and seeding is just one part of it.

The best way to help you comprehend seeding is to provide an example.

I want you to imagine that you are one of the best sprinters in the world. You're at a race with the other world's best sprinters. You're at the starting line and you HOPE you're going **to win**. Feel what that is like...to HOPE you are going to win. Sit with that feeling for a few minutes...

OK... shake it off... you're at the starting line again and now you **KNOW** you're going **to win**. What does that feel like? Much different than **HOPE** right? Sit with this feeling for awhile....

OK... shake it off...you're at the starting line again and now you **KNOW** you're going **to lose**. What does that feel like? Much different than winning right? Sit with this feeling for awhile....

OK...shake that off. Now imagine that you're running the race and the race is over...**you WON!** You've done it...you are the **WINNER**. What does that feel like? Again, much different then **KNOWING** right?

**THAT'S** the feeling you want to create when you seed!! The feeling that you **WON** the race! Not **HOPING**, not **KNOWING**, but **WINNING!** That is the feeling...do you get the difference? This is a **TOTALLY** and **COMPLETLEY** different vibration of energy. You must know and feel the difference between these before moving on.

If you've got it, fantastic, then we can move on to visualization. If not, repeat the exercise until you can feel the difference in the energy between the 4 scenarios.

So, with the seeding technique you seed into your mind the vibration that **you already have** what you desire. No you don't have it in the outer world, but you are seeding in the inner world, just like a farmer or gardener...you plant the seeds first and then you get to reap what you have sown!

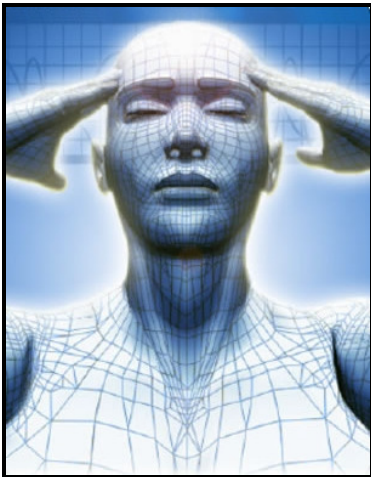
## Visualization



The second technique is visualization. And visualization and seeding are like two sides of the same coin, they are brother and sisters to each other.

Visualization is using your imagination (yes, your imagination) to see something in your mind that hasn't YET happened. It's projecting a picture...a movie of the event that you want to manifest in the outer world in your mind's eye...your inner world.

So you are projecting in the inner world what you want to happen in the outer world. You make and create mental images and see "it" as if it is happening to you.



Athletes use this technique VERY successfully during training and before competition. There is one case in particular where a group of basketball students were divided into three groups. The first group practices free-throws everyday for a half hour. The second group did not practice at all. And the third group practiced free-throws ONLY in their mind.

After a month the results were documented. The first group improved 25%, the second group did not improve at all and the third group...the group that just visualized the free-throws improved the SAME as the first group...25%! How can this be?

Once the desired outcome is imprinted into the subconscious (by visualizing) the subconscious then creates, activates and attracts the circumstances, events, and resources need for the fulfillment of the "imagined" event.

It would have been pretty bad if the students that visualized missed making the basket. Think about that...miss...miss...miss...in their minds! How sad would that be?

Guess what? We do that constantly everyday and we get the results that we practice...miss...miss...miss.

So with visualization you are working with pictures and images in the inner world of what you want to manifest in the outer world. Seeding is working the feelings and energy while visualization is working with the images, pictures, smells and textures.

For example, if you wanted to be more confident, then with the visualization process you would imagine yourself in a circumstance and situation displaying and exuding confidence. What if I don't know what that looks like you ask? Well it's your imagination; you can picture it any way you want. If it helps, think of a person (real or fiction) that displays confidence and use that as a model. Any way that you can picture yourself with confidence is great!

With this process you want to be as detailed as possible, what would you say, how would you say it, how would you stand or sit? Get a picture with as much detail as if you are actually there. You can create the picture either directly through your eyes (first person) or as if you are watching yourself (third person), maybe a mixture of

both. It also doesn't have to be the same scene, just make sure it's the same theme that you're working with. Play around with the perspective and see which one works best for you.

I will warn you, be VERY specific on EVERY aspect of the visualization. If you own a store and want more customers, image the store being filled with customers AND buying your merchandise.

With visualization you want to lose yourself in the image. This may take time to get a "perfect" picture, just keep at it.

There are two conditions with visualization:

1. With whatever you are imagining, you must image it as if it is happening NOW
2. It must be visualized regularly, this does NOT mean once a month, this DOES mean once a day...you must be persistent!

Before you begin to either seed or visualize, it's a good idea to relax your mind. If not, you'll take all your concerns, worries and other non essential emotions with you.

Here are two very simple methods to relax your mind before you practice seeding or visualization. You can do one, or both for a couple of minutes before you start your inner exercises.

1. Repeat to yourself for a couple of minutes, "I feel calm and relaxed, I feel calm and relaxed." Again, repeat this phrase for a couple of minutes
2. Deep breathing. I happen to like *piko-piko* breathing from Huna. This process only requires awareness. It does not ask you to move energy into or around your body in any way. To help keep your focus, place one hand on the top of your head and the other at your navel. It doesn't matter which hand goes where. Now, as you deeply inhale, rest your attention at your crown. As you exhale, put your attention at your navel. Continue this breathing for two minutes, and then check how your body feels.

A simple, yet powerful exercise, this breathing style can relax you minutes before you start your inner work, or any important engagement or other situation where you will need a clear and relaxed mind.

Hear how my friend John Kehoe describes visualization:

<http://Warriormindcoach.com/audio/Visualization.mp3>

### **Fieldwork for the Week:**

1. Pick a **personal** quality or characteristic that you DON'T possess, something that you're weak in or wish you had more of, i.e. confidence, organization or calm, something that is personal to you. **Spend 5 minutes everyday** visualizing yourself having that quality AND all the things that you now have or experience as a result of having that quality.

Do this exercise for **5 complete minutes**...time it exactly! Also, keep the same quality for the entire week .

2. Now seed your mind and yourself with the energy and vibration of the quality you just visualized as if you now HAVE that quality. If you don't now, that's OK...use your imagination and develop the energy and vibration of what you think it WILL feel like and then seed that feeling and energy.

Do this exercise for **5 complete minutes**...time it exactly! Again, keep the same quality for both the visualization and seeding for the entire week.

3. Spend 5 minutes visualizing yourself doing the exercises and the results you will experience by doing them. You visualize yourself being disciplined, committed and persistent with your exercises...you visualize yourself being a natural at it!

**Once again, 5 full minutes.**

4. Rewrite the 7 Principles into the personal. So, instead of the "The mind is a sending and receiving station of thoughts." You rewrite as "MY mind is a sending and receiving station of thoughts."

Now spend 5 minutes everyday contemplating those rewritten 7 laws. Deeply contemplate them. If you find your mind wondering, then repeat over and over the rewritten laws until your mind gets sick of reprint them and you can contemplate them.

5. Contemplate this statements for 5 minutes everyday:
  - My power to think thoughts is my power to create my life and I have the power to think whatever thoughts I choose.
6. Self observation – Several times everyday ask yourself two questions
  - *How am I feeling?* (then answer yourself)
  - After you have answered yourself, ask yourself, "What am I thinking?" Then answer yourself.

7. Neutralize your negatives constantly with the 4 techniques, no time limit
8. Journal your experiences and review your notes to date.
9. Chart yourself/document yourself every time you do the exercise
10. Neutralize your negatives constantly with the 4 techniques, no time limit
11. Journal your experiences and review your notes to date.
12. Chart yourself/document yourself every time you do the exercise

**NOTE:** You can divide the 5 minute exercises throughout the day, and I would suggest to keep at least the seeding and visualization together. Other than that, you can spread them out throughout the day...except perhaps right at bedtime :-)

Once again, you will not get Warrior Mind Strength by reading, you develop Warrior Mind Strength by doing....doing the exercise each and every day!

Until next session....