

NOTES FOR MODULE 4: Walking The New Talk

What is the next step in reprogramming the mind?

The key to turning your carefully crafted message into your new normal way of thinking and being is practice. You need to practice that new thought over and over until it becomes your new habit. And since a belief is just a thought you keep thinking, if you practice your new thought enough, it will become your belief.

The first step in the process is to not fight against the old thought. Next step is to focus your attention on the new thought and repeat it in your mind over and over.

Don't things need to be real to make the change sustainable?

Our brain can't tell the difference between an imagined event and the real thing. This fact is very important because it means we can use an imagined event to create real change in the way we think. If you're interested in learning more about how our brains can change, there are many resources on the web about neuroplasticity.

What other effects do new habits of thought have?

What is interesting about creating a new habit, is that it does more than simply deepen the neural pathways. It creates momentum. The more we think the new thought, the easier it is to think again. Which of course deepens the neural pathways which makes it easier still.

But the most important thing about creating a new habit is that the new habit changes who you believe yourself to be. This is both the most powerful aspect and the reason most people turn back.

Important traits to complete the transformation you must be: patient, persistent and committed. Patient because it took you many years to develop the old habit and will take some time to create a new one. We need to be persistent because, when it comes to creating new habits, persistence will always win out. Just like water flowing across rock, the persistence of the water creates grand canyons. And we need to be committed if we are to truly create change. A clear commitment will help to keep you focused on the destination.

What are specific techniques to make practicing effective?

First, you need to practice your new message many times. Start practicing when it's easy, when the voice in your head isn't particularly active or worried. This will make it easier to practice that message when more challenging situations arise. Writing your new message or speaking it out loud will also strengthen its impact.

Shorter but frequent and consistent practice periods are more powerful than one long one. If your new message is long or a bit complicated, you may want to break it down and just practice a part of it at first. Since what we are really trying to do is to reprogram our subconscious mind, and our subconscious mind learns experientially, it helps to do everything we can to involve our entire being when we practice. Allow yourself to also feel the emotions this new thought evokes. Also pick some physical action to associate with your new thought and emotions. This action could be anything. It could be snapping your fingers, punching your fist in the air, even just a conscious blink of your eyes. Anything that gets your body involved.