

## **Be More Aware - less analysing technique.**

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You have heard the expression “paralysis by analysis”

Your emotions and thoughts CREATE your physical reality. If you can master pain and suffering, then you can simply master happiness, joy and bliss.

It contends that the cause of all thoughts is a disruption in the body’s energy system.

This Technique supports the body in detecting and removing the emotional influences that disrupt, interfere and harm the way we live.

Have you ever wondered why you do what you do, say what you say, and behave the way you do?

The cumulative effect of these influences contributes to ill health.

For example: if your thoughts and emotions are persistently cycling repeatedly, stuck on fears, doubts, relationship, business you are thinking of the future. If you are stuck on guilts, you are in the past. The mind / body tries to distract you from enjoying the PRESENT.

Being more aware is not directly related to the amount of money one has. Rather, it is the relationship to that money or to material possessions. People who operate based on being less don’t think things are scarce; they are living and existing from a condition of being less.

The 4 myths of being less are:

1. There is not enough to go around.
2. It is better to have more.
3. It is hard.
4. This is just the way things are, and there is nothing you can do about it.

These 4 myths of being less have been entrenched in our lives which we have bought as real and true.

Would you be willing to see that this reality is based on the myths of being less, than the adventure of being more aware?

### **How do you do what you do?**

Each day before you act you instruct yourselves by self-talk. Day to day living is taken up with a lot of self-talk and chitter chatter. We nonstop tell our self how to do things how successful or unsuccessful we will be. We also reinforce our ideas about what sort of person we are, and what sort of success we deserve. We also taken on everybody else’s chitter chatter and think it’s ours. For example have you ever gone out to lunch and ordered a particular dish and wondered why you ordered it and then didn’t give a second thought and when you ate it didn’t agree with you. Or you knew what the person was going to say before they said it.

You take on board other people’s stuff and that creates negativity in your body.

The information we collect through our life and is stored in our subconscious. It determines what happens to all the data we feed into our brain, through our senses, sight, hearing and feelings.

This collected information consists of values, attitudes, and beliefs we have. It also consists of the decisions and memories that we have accumulated from our past experiences.

Your subconscious programs cause you to filter incoming information so that it “agrees with” what we know to be “true “. Even if it is lie.

This filter work by accepting, deleting, distorting and generalising incoming information.

The Being More Aware - less analysing technique, in the first instance addresses these programs and then prepares you for the next meditative course.