

ALIGN YOUR BELIEFS

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Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.

Mahatma Gandhi

Creating alignment of beliefs, words and actions is essential for progress.

By Nick Freedman

The manifestor program exists to empower you to play life bigger. To achieve this outcome, the practices have been designed to provide you with knowledge and processes that can be learned and embedded into your life. The manifestor learning framework (on page 7) shows the big picture overview in visual form to illustrate all the different areas that require focus, in order to awaken, develop and strengthen your creative abilities.

In addition to conceptually understanding the whole, the individual practices help you expand each of the parts, and apply yourself to transforming and removing blocks, so you can create freely. There is a learning and unlearning process that happen simultaneously. Learning is the process of acquiring new

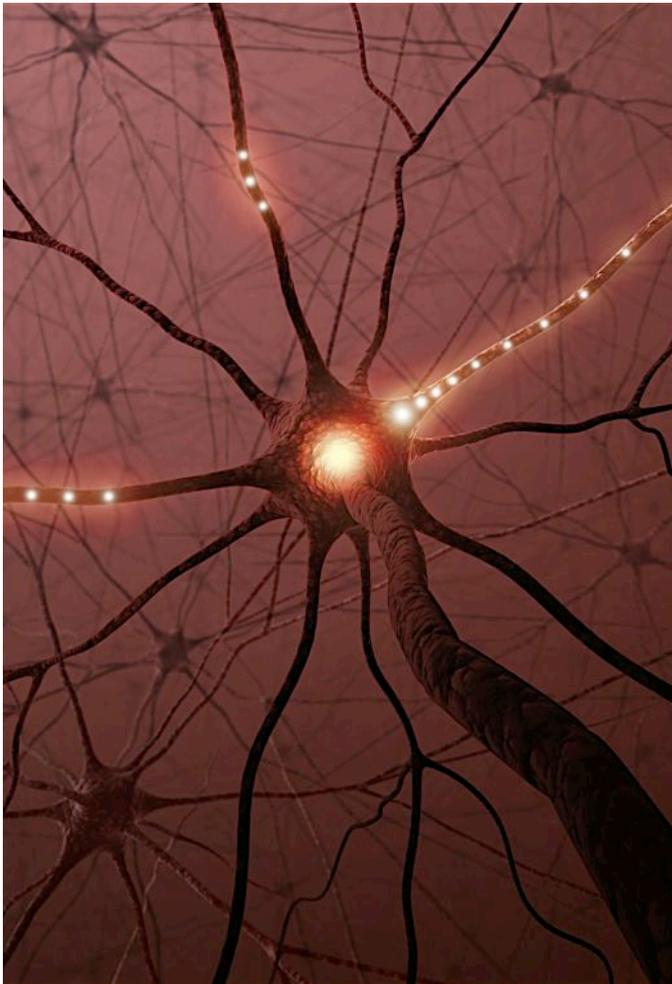
knowledge. Unlearning is the process letting go of the limiting beliefs & behaviours that prevent you having what you want.

One of the key elements of your developmental journey is to understand yourself and this is where things can get complex, because there are thousands of ways of explaining the human experience. Trying to dissect and make meaning from all the available psychological schools, profiling tools, biological sciences, religions and eastern philosophies can take a lifetime or two. The intent with this part of the program is to provide you with a simplified framework that kick starts your self development journey. If you are interested in delving into these fields in more depth, we can suggest new areas of exploration for where you're at.

The first distinction to make is between, *being* (or self), *doing* (or action) and *having* (or creating). Being is who you are. Whenever we talk about *self*, this is what we are talking about. It is your individual sense of self. It is the 'I' inside. This is your interior, so it is not visible to others and therefore requires a process of inquiry or questions to understand.

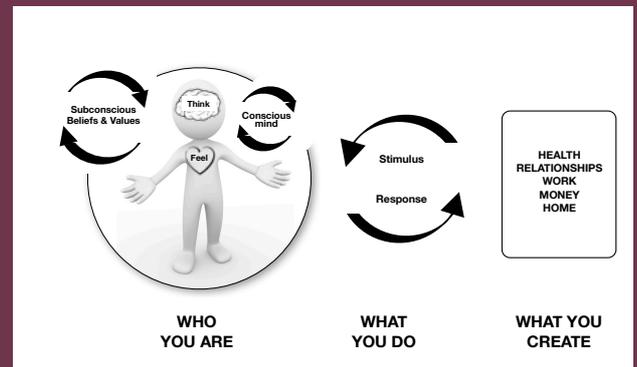
Doing is the behaviour or actions which you take. It is the outward expression of your interior self. You can see what people do, as behavior is visible. Your state of being and how conscious you are to apply your freewill and choice informs how you act or behave. The intentional action and milestones practices are built to help you develop both clarity and strength in what you are doing to create your ideal life.





**Man is made by his belief.
As he believes, so he is.**

Johan Wolfgang von Goethe



The work to become a powerful creator of new future realities, begins on the inside.

Both of these territories of being and doing are the cause. And the results you create are the final effects that you have in your life. They appear in the external environment and can broadly be classified into 5 areas; health, work, home, money and relationships. These are the external outcomes and can be visibly seen and measured tangibly. The get clarity and vision builder practices help you get clarity about and build a picture of the life you want to be living.

Conscious mind - thoughts and feelings

In the align your beliefs practice, we explore the territory of self, or being, in more depth. You are a three-part being. These three parts have many names, so to keep things simple, we'll call them your conscious mind, subconscious mind and your spirit. Your conscious mind is the realm of thought. It is the neo-cortex part of your brain in action. Your brain is constantly receiving huge amounts of stimulus from the body and environment, which causes thought activity. A thought is an electrochemical impulse that flows between neurons. Neurons are brain cells, which wire together to form clusters called neuronets, when thoughts flow through them. Each neuronet in your brain represents a specific aspect of intelligence and they are all connected together through neural pathways. This complex interconnected web of neural pathways in your brain helps your conscious mind conceptually understand about what's happening inside and outside of you. Thoughts also affect feelings, when a part of

the brain, called the hypothalamus, deposits chemicals into the bloodstream. These chemicals, which attach to your cells, create feelings. Certain types of thoughts cause the brain to deposit chemicals which create positive feelings (e.g. dopamine), and the other thoughts release chemicals that cause stressful feelings (e.g. adrenaline). This feedback loop between thoughts and feelings creates your state of being, which is constantly ebbing and flowing throughout the day. And it's this emotional state of being which creates the energy in your body to move towards things you see as positive and away from things you see as negative. So with thoughts affecting both emotions and actions we can clearly see that they play a key role in what you create.

Subconscious mind - beliefs and values

It is important therefore to understand where thoughts come from. Thoughts arise from the subconscious mind, which stores your values and beliefs. These were formed in your past, based on previous experience. A belief is something we hold to be true. It's where we draw the line in the sand between true and false. And a value is something we classify as important to us. As new information arrives in the brain, it is sub-consciously filtered, put into boxes, classified and judged. The subconscious is doing this all day long everyday without the conscious mind having to think about it. So the present moment is constantly being filtered through past memories. And given the beliefs and values we formed in our past aren't all positive, we can see that transformation must start inside us.

Knowing how each aspect of you, helps to create reality, is a key part of your learning.

Spirit - interconnection with the quantum field

Explaining the third part of your being, called your spirit gets more complex as western medical science, which has been built purely on newtonian (physical) foundations, does not acknowledge the human being has a spirit. Because most of the mainstream information we receive about life and who we are comes from this body of science, the initial paradigm shift is simply about being open to the idea that you do have a spiritual body. This spiritual body has been known for thousands of years in Eastern philosophies and is explained

well through the Indian chakra system and Chinese meridian system. Each explains that your vital life force energy, often called prana or chi, flows through your body via energy channels or chakras. And this energy body is the point where you literally overlap with the quantum field, or big spirit. Blockages can exist in the conscious mind, subconscious and also the spirit. They take on different forms and require work on each to transform, remove or heal the blocks. To take a deeper dive into how your spirit body connects you with the synchronicity in the quantum field, we can put you in touch with one of the energy practitioners in our network.

	CONSCIOUS MIND	SUB CONSCIOUS	SPIRIT
How it makes meaning	Abstract ideas. Concepts.	Literal interpretation. The subconscious does not understand good / bad, or right/wrong. In the subconscious reality 'is what it is'.	Deep knowingness beyond logic and reason. Gut feel.
Helps you function by	Your conscious mind uses thinking, free will, judgement, and abstract concepts to help you make meaning of life. It breaks the whole into parts and places reality into polarised boxes. (e.g. positive/negative and right/wrong).	Your subconscious mind drives you through life via your conditioned habits. It uses the 5 senses to build a sensory picture to help you experience reality. It also works with the innate intelligence of the body to keep you alive through functions such as breathing and keeping your heart beating.	Your spirit helps you live in alignment with your highest purpose and desires. By providing you with flashes of intuition and connecting you with synchronistic opportunities our spirit brings your highest version of yourself into the mix, so you can evolve your life journey.
Relationship with time	Your conscious mind is bound by linear time. It has clear definitions of the past, present and future.	Your subconscious mind exists solely in the ever-present moment. It uses the past experiences to act in the present, but does not know the difference. Now is all there is for the subconscious mind.	Your spirit connects with the quantum field in non-linear ways that means time and space no longer make sense to the conscious mind.
Level of power	Your conscious mind processes less than 1% of the activity in your brain. On it's own it's limited to create change.	Your sub-conscious processes 99% of the activity in your brain. It's extremely powerful	Your spirit is where you overlap with the unified quantum field. This aspect of self connects you with everything outside of you, so this is unfathomably powerful.
Creative potential	The conscious mind processes less than 1% of the activity in your brain. It is limited in how much this part of you can achieve. It will help you think you want to change something in your life, but actually changing it requires support from the subconscious and spirit.	The subconscious processes 99% of the activity in the brain. When intentional actions that get directed towards new futures are underpinned with healthy affirmative beliefs, the powerhouse of the subconscious is unlimited. It is only limited by what you believe is possible you are capable of achieving.	When working with spirit, creative potential is beyond recognition, as we are dealing with the quantum field that unifies everything. Quantum science is just discovering this exciting new field. If you've ever experienced something miraculous, then your spirit was playing a part. In truth, this is too big to comprehend using just the conscious mind.
Manifestor practices to develop this part of you	Journalling (self reflection) Mentoring (1-to-1 dialogue) Meditation (this works all aspects of you)	Values Map Align your beliefs Creative visualisation (intentionality)	Working with intuition/synchronicity There are many types of energy modalities. We recommend: Energy system healing Five element acupuncture Bowen

To change your mind, you must unlearn or reprogram your beliefs on a subconscious level.

1% conscious vs. 99% subconscious

One of the most interesting observations you can make between the conscious mind and subconscious mind are the processing power they both possess. In Rob Williams book 'the missing peace in your life', he explains that the conscious mind processes an average of 40 bits of information every second and is capable of managing just a few tasks at once. In contrast, the subconscious mind can process 40 million bits of information per second and can handle thousands of tasks simultaneously. Consider for a moment, your beating heart or breathing lungs. When was the last time you had to consciously think about either of them? In truth, they just happen, like the majority of other functional habitual processes which keep you alive.

Your beliefs and values exist in your subconscious. They were formed at some point in your past, from the thoughts which you had about previous life experiences. So if you grew up in a safe, loving environment where you were encouraged to do your best, you will have developed a set of positive self affirming beliefs about what you can achieve in life. Equally if you grew up in an environment that was a dangerous war zone, where life was more about survival, your beliefs will be more focussed on getting through each day without getting hurt. The subconscious mind is the store house for all your memories and corresponding beliefs and values.

Putting icing on a stale, out of date cake

One of the fashionable fields of pop psychology in our time, is the idea of positive thinking. It is so commonplace in our society that it has lost much of its real power. There is a big question mark over whether positive thinking actually works, which can be seen in the balance of processing power between the 2 minds. Thinking conscious positive thoughts happens in the conscious mind. This is the 1%. The beliefs

live in the subconscious, which is the 99%. So when the conscious mind sets about to change something in life through positive thinking alone, it is often an uphill battle. The metaphor of the cake which is stale (negative beliefs) and past its use by date that is covered in sweet icing (positive thoughts) explains this well. Underneath the sweet icing, is a cake which tastes foul. Superficial change is a short lived affair.

Performance = potential - interference

One of the fathers of coaching, Tim Gallwey, explained in his book the inner game of work, about the different aspects of the mind. He used the quotation above to explain how to achieve high performance in life or work. I like to use the metaphor of the hose to bring this to life. Imagine you were going to clean your car with a hose. The potential (how quickly you can do it) is the affected by the hose thickness and how much water is passing through it. The interference within the hose are the number of kinks it has, that restrict the water flowing through it freely. So the actual performance of the hose, therefore, is the potential minus the interference. The same is true in all 3 aspects of self. The conscious mind that has negative thoughts will cause stress in the body. The subconscious mind that is running on old limiting beliefs that got programmed in during childhood (stale cake) restricts what you can accomplish in life. And the chakras, when deficient in energy, affect the bodies ability to communicate and receive information from the quantum field. Manifestor has been designed to connect you with a holistic set of tools that collectively can act as a catalyst in your personal development. And it's this reason that we say if you want to change your mind, you must do it in the subconscious first. Then you have created alignment between what you believe, think, say and do. With this true alignment you develop strong levels of personal congruence. And it's this internal strength, that turns what seems impossible, into a possibility.

Performance =
potential - interference.

Timothy Gallwey



Allowing time to reflect each evening on the day increases awareness and alignment.

Integrate the weekly cycle into your life

When you observe your journey through the quantum lens you start to understand that what is happening inside you is interconnected with the results that you create outside of you. When you also accept that the quantum field reflects back your inner world to you, a new possibility arises about how to increase your alignment. You simply need to view your life as a big feedback loop. You think, you speak, you act and you create, so by observing what you have in your life today, you can see you created everything. This includes the things you want and things you don't want. There is a lot to learn in the beginning and the manifestor learning movies exist to help you obtain this information. The weekly cycle, from the Intentional Action practice, has 8 steps. In applying the rest of the manifestor tool, you have learned ways to make progress with steps 1 to 6. Let's pick this up at step 7.

Step 7 Observe & reflect on what emerged

The journal writing tool is a process that helps you cause change in your life because it raises your self awareness about what is happening in your life. Keeping a journal, helps you use your conscious mind to better understand how your subconscious and spirit is either working for or against what you have laid out in your vision. Each day there will be things you created which are both aligned and not aligned with your vision. When you take responsibility to observe both in an objective manner, your new awareness will help you become more powerful, because you can only change that which you first acknowledge. The suggestion is to reflect and answer the 4 questions in a blank page of your journal.

1. What progress did I make today, towards my vision?
2. Who was I being to cause that?
3. What issues/challenges did I experience that set me back?
4. Who was I being to cause that?

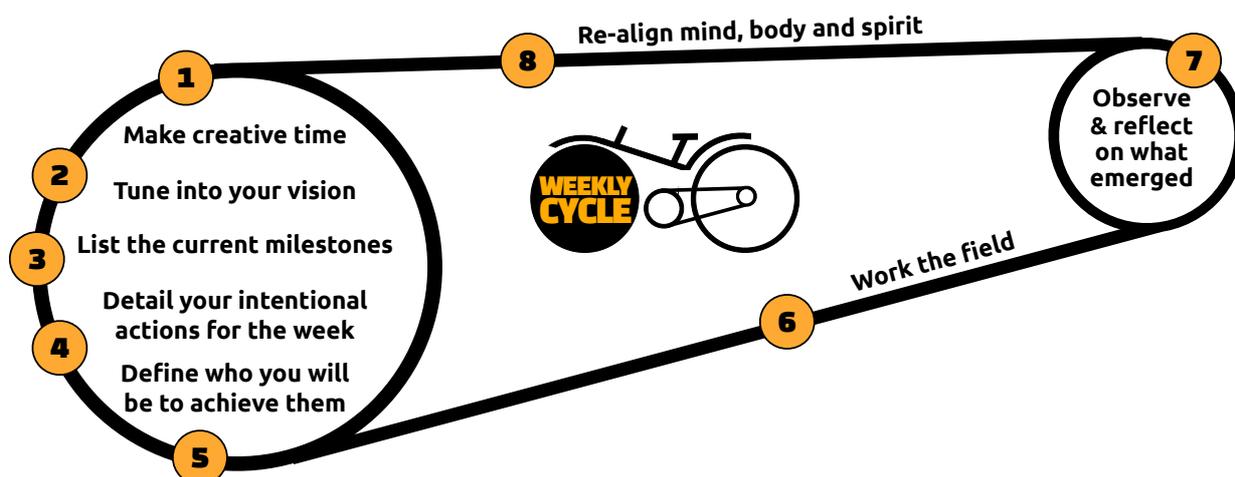
Step 8 Realign your mind, body and spirit

The process of reviewing the day can be challenging at first, then once you get into the habit of it, deeply liberating. By acknowledging everything that you created, you'll soon see your areas for change. This might be a behaviour or belief system which no longer serves you as it's aligned with your past, not your future. By accepting these sides of yourself, then unlearning or changing them, you increase your levels of alignment. Once you give permission for your self to be more congruent or aligned, by letting go of old ways of being, a new type of powerful energy starts to arise in your being. This energy is a source of true power which will flow from within, in an outwardly direction, to help you create amazing results in your life. After completing the reflection of the day, focus on your vision and set tomorrows intentions by answering the three questions about who you'll be, who you'll no longer be and what you'll then do with that.

1. Who will I become to more deeply align with my vision?
2. What intentional action will I take?
3. What will I unlearn to increase alignment with my vision?

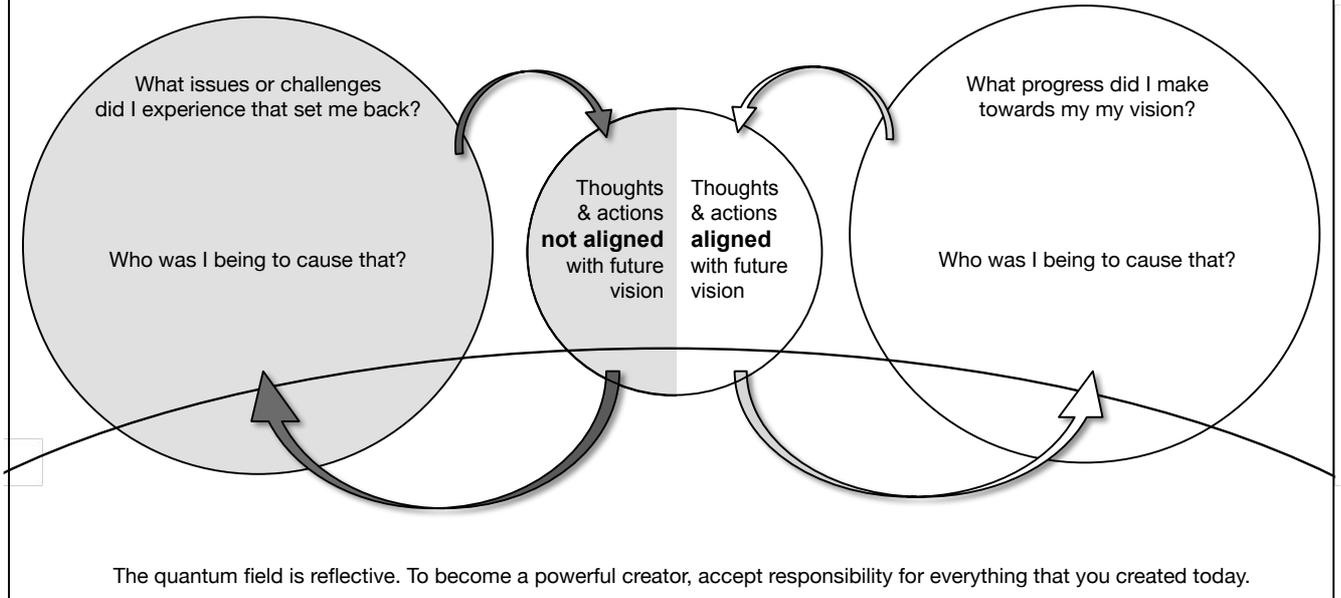
Step 8 of the weekly cycle suggests you re-align your mind, body and spirit. This type of re-alignment will help your conscious mind to make meaning of it conceptually, however as you've already learned this is only working on changing 1% of the story.

Without a deeper shift, the 99% remains the same. This particular practice has a specific focus on building congruence within your subconscious belief systems. And this is where psych-k can be used to support your journey. Read more about this on page 7.

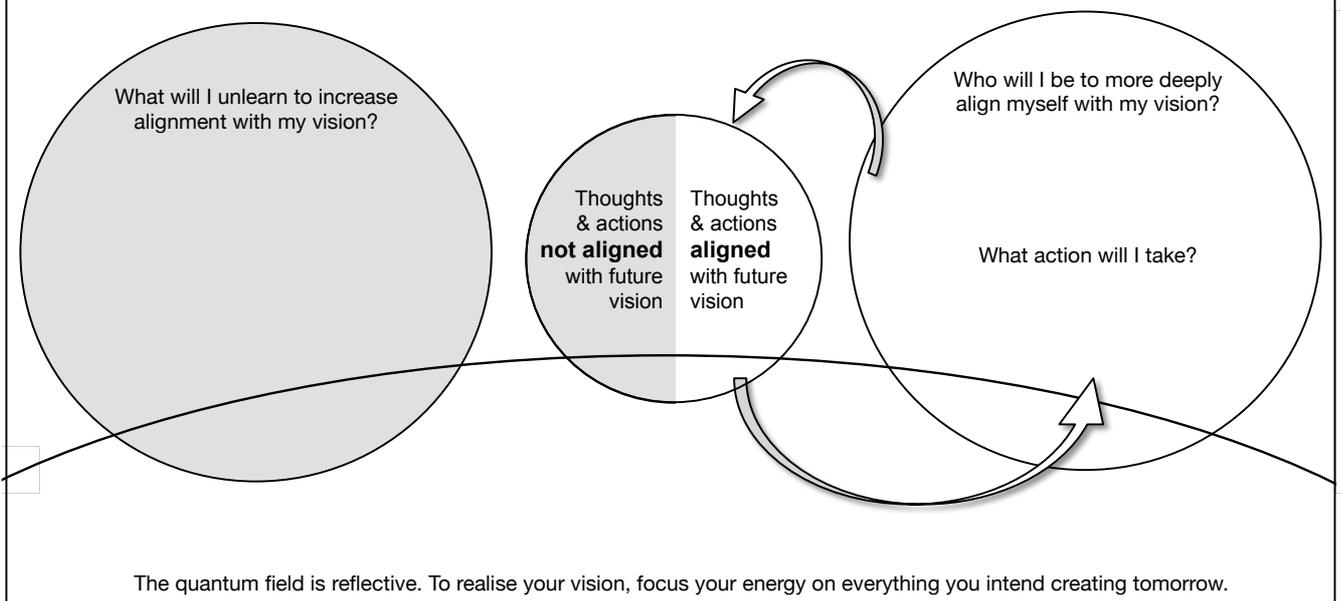


Accept full responsibility for everything you create, unlearn the past and stay aligned.

TODAY I CREATED



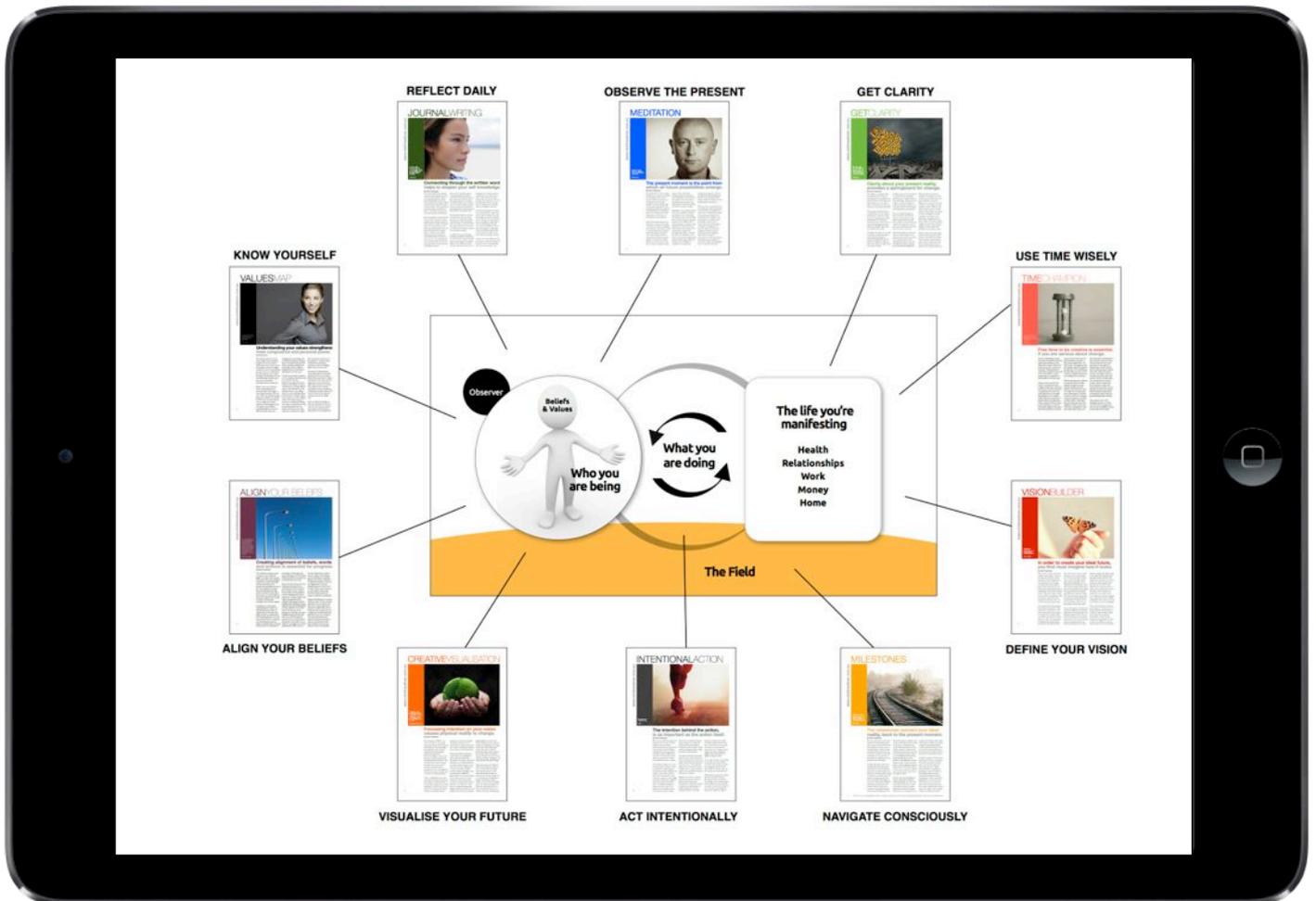
TOMORROW I INTEND TO CREATE



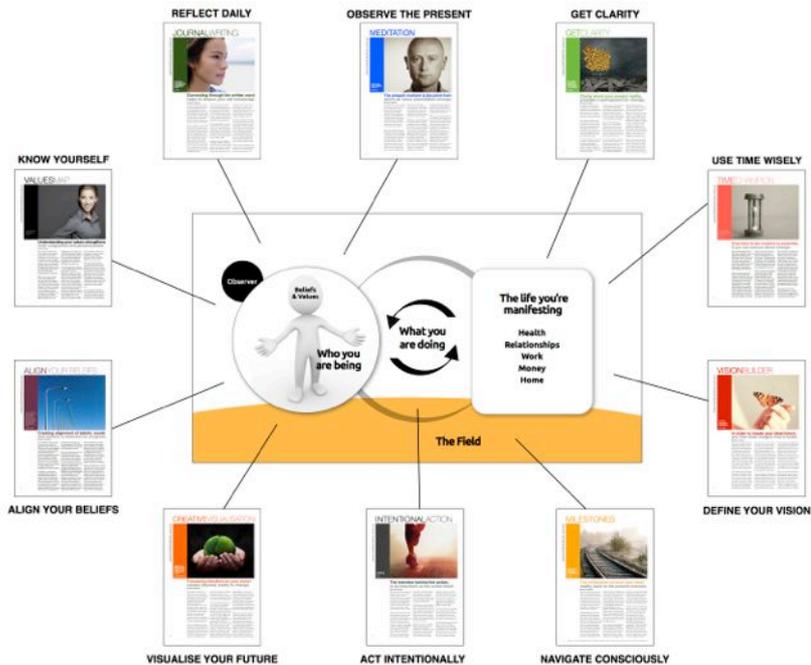
PSYCH-K is a catalyst that helps align your subconscious beliefs with your future vision.

Psych-k was designed by Rob Williams in 1988. It is a powerful modality that uses muscle testing and brain balancing techniques to help you transform the limiting beliefs which are holding you back from creating the life that you want for yourself. PSYCH-K is used to support your development journey. As you start to consciously create, and hit blocks in the the field where it is not reflecting back what you want it to, there becomes a need to change something inside you.

PSYCH-K sessions last 90-120 minutes. If you're based in Sydney and want to unblock you subconscious interference, email clarity@nickfreedman.com.au to find out more. There are times I facilitate these sessions myself. I am also in the process of building a community of trusted practitioners who can support your wellbeing with this and other modalities. The other thing you can do is try to find a practitioner near you at www.psych-k.com/private-sessions-2/.



Your Manifestor Journey



Manifestor helps you play life bigger, by teaching you the skills needed to turn the vision of your ideal life into a physical manifest reality. This tool is one of 10, that makes up the complete learning journey.



Social Learning Gym

If you like to study in a social environment with others, the social learning gym is worth exploring. Spanning across 4 weeks, you'll join other manifestors in a weekly online workshop, as well as getting 1-to-1 mentoring from Nick. You can join the public program, or book Nick directly to facilitate a learning gym for you and 8-10 of your friends, (you find a venue, then we work together with our video technology).

Visit www.manifestor.tv or email clarity@nickfreedman.com.au to find out more.

About Nick Freedman

Since 2002, Nick Freedman has been designing and facilitating programs which have helped 1000s to transform their lives and businesses from the inside out. His clients include organisations like Salesforce, Yahoo, Westpac, AoL, Ronald McDonald House & Coca-Cola, as well as 100s of SMEs & not-for-profits.

To gain more insight into Nick and the inspiration behind why he built the manifestor program, watch his TEDx talk "10 questions I asked the ocean" at www.nickfreedman.com.au

