

This is David Greenwood of your life in the now where we help you to overcome the old resistance of the negative subconscious programming so that you can live a life of joy, peace and fulfillment. Today we're going to talk about the program Self-Awareness. Self-awareness includes focusing to expect success So what does that really mean? Well let's examine that more closely. The word focus to me is where you put your attention upon something. What I would like you to do is consider that there are several different ways for you to actually focus upon something.

When you actually have your eyes open there's two different things you can be looking at. You can be seeing what is really in front of you - the trees, the room, the person, whatever is there is reality. Or you can be focusing within upon thinking, the thought process. Which one is real? What you see is real but what you think is not real, it's a material process in your brain. But since we think it, we think it's real, even that those thoughts are happening.

When you're driving your car. You're driving along looking out the windshield but your mind is a million miles away. This is called highway hypnosis on the driving test. What you're actually doing is you're thinking about something. Your subconscious mind is driving the car you're in the hypnotic trance state. What you think about you actually are feeling it in your body. You could be thinking about something happy and feel good. Or thinking about something bad and you feel anxious. Yet nothing is happening to in the car. It's all in your head. It's a process and while it feels real it's not real, because you are in a trance state. You're in hypnosis.

What I want you to consider is that it's time to wake up from the negative trans states of your life. Clients come to see me, sit in my chair and a tell me they've got anxiety or fears or worries.

ask them to show me their fears in the room .... Show me your anxiety, show me your depression. It's not real and they can't find it in the room because it's not actually there – it's in their heads. It's a process and because we see it in our brain we believe it. We even have panic attacks. The conscious mind knows that nothing is wrong but the subconscious overwhelms your brain and tells you to be afraid, be worried. And you have a physical reaction to a mental process. Do you see how powerful it can be?

In this program, Focus to Expect Success, I want you to be aware of who is focusing your intent... who is looking out through your eyes. Is it your subconscious endlessly worrying you with doubts, fears or concerns? Does it fill your mind with the constant "what ifs?" Constantly sending us thoughts and causing fear and confusion, yet again nothing is really happening. It feels real and takes over your life.

The other option for focusing is seeing which is really in front of you...the beautiful trees, mountains, or people. These are real and you're looking out through your eyes seeing what's really there. This is an opportunity for your brain to slow down and not be thinking or worrying. It gives you the space to be in the moment, be in the now. When your brain slows down and the subconscious temporarily is diminished you will discover there's a stillness that quietness with an amazing sensation of being in the moment, being in the now

This is called meditation, it's waking meditation. You don't have to do meditation, you are meditation. See how soon your subconscious tries to push its way back in and tells you to think this, worry about that, it's constantly moving and only temporarily quieted. The subconscious is terrified of non-existence, so it fills your mind with the endless thoughts of concern. It doesn't stop

so it fills your mind with constant thoughts, worries, concerns and fears. It's always moving, moving, moving and it exhausts us.

It stays alive it resists everything. It finds so much to worry about and it keeps itself alive as it keeps going. So, we have two types of thoughts...practical thoughts and psychological thoughts. We've been talking about psychological thoughts like fears, doubts, worries, concerns, anxiety and depression. "I can't do it", "it will never work", "nothing will get better", and it continues to create its own existence.

The other type of thinking is called practical thoughts which are necessary. We use thoughts for they help us at work or home. "What do I buy at the grocery store, how do I do my job, how do I drive the car, how do I whatever?" These are practical thoughts and there's nothing wrong with them. These help us exist in the world but we don't need to be in the world with negativity or with doubts and worries. The healthy you use practical thinking and when you're done thinking you let it go, for worrying does no good whatsoever. People are always telling me, "But I have to worry, I have to plan, what if this or what if what happens?" And I respond by saying use your intelligent mind to plan for something then let it go. Be in a state of mind of intelligence that when something does happen you respond with wisdom and not fear.

We are human beings living in a difficult world. Challenges will happen, bad things will happen. The key is to be as intelligent as possible, to become a role model for others, the eye of the storm, where everything around you swirls in chaos yet you can be that person who sees clearly and is not lost in negative behaviors.

Those negative trance states created by the subconscious mind keeps all the worries and fears going. We want them to fade away, to not trigger that state of mind any longer. We do that by creating a more positive subconscious mind. Whichever one is

stronger in your subconscious mind is the one you follow. We want you focusing on success. When you go to the optometrist, they have you put your chin on the little stand and they place a device against your eyes and then flip it between two lenses. “Which one is clearer? One...or two?”

Think about this the next time you're looking out through your eyes but instead are seeing the mind of the negative trance state, then imagine flipping it over to what you are actually seeing, which helps to temporarily turn off the negative thought process. Like using “until now”, this gives you the opportunity to move out of the negative trance state and back to reality.

Now I also call this process “Focus to Expect Success”, for nothing can stop as long as you keep going and keep moving. You expect success when you go to school and expect at the end of the year to get something out of it. More wisdom, skill or knowledge. When you get a job, you don't expect to know everything from the first day. Instead you learn and grow and get better every day and yes, it does take time to achieve these goals. But you focus on success and you expect success.

You allow for inner growth and just keep going. Realize you have everything you need already within you. There's no need to go searching for the truth, you have it right now. It just isn't able to come forth into your daily life as long as the negative programming is stronger and in control of your mind. So, as the negative programming fades away the healthy you are there and expect success and nothing is going to stop you.

Yesterday I drove by my local carwash and the billboard displayed, “If you are you tired of starting over, stop quitting.” Keep going and you won't have to keep starting over. How many times do people start and stop diets? To start and stop going to

the gym or working out? This is a lifelong process but the wonderful fact is that you feel better and better all the time. There will be challenges, but they usually aren't as deep nor last as long. The healthy you, your healthy subconscious ego, is in a more positive state of self-esteem and able to process the challenges, learn from them, and experience a more amazing life. It's a constant movement and challenges become opportunities for growth. Changing within, which in turn allows the healthy you to come forward more and more.

So, focus to expect success. Use practical thinking when you need to then let it go. Expect success because you keep going and nothing and no one can stop you as long as you keep moving forward. Yourself negatively conditioned subconscious will try for it doesn't want you to take over. It feels comfortable with the old patterns. It would be happiest if you never left the house for it wants you to stay in the home where its strongest and feels safest. It feels it can control the environment more there.

It's not as safe outside the door. Sometimes I have clients step out onto the front porch, take in a few deep breaths and feel the freedom that comes by the simple act of stepping outside. How many people end up just staying home and watching TV most of their lives? There's an old saying that "Ships are safest in the harbor, but they are meant for the open seas."

I want you to be out there growing, learning, changing, moving forward. You're not meant to stay on your home. You need to move, to grow, to transform, to change. The subconscious is meant to protect us while we are young then it's supposed to back off as we mature. Move and take charge of your life so you're your healthy subconscious programming is present. It is in agreement with the healthy you.

Trust yourself, trust your ability, trash your healthy mind to help you move forward. This program expects success by focusing. Practice this. Right now, stop and look up. What do you see? Practice focusing on what is really there and be aware of how the negative subconscious mind will try and tug you back into thoughts. Really see that you are thinking practical thoughts and try to stay conscious and avoid slipping back into negative thoughts.

Your negative subconscious mind will try to put you asleep and stop you from regaining control. It will have you forget; it will distract you; it will sabotage you; it will do whatever it takes for it is convinced that you aren't capable of taking control of your life. And to a great degree that's true, because it hasn't allowed us to mature.

Well, now is your opportunity to do just that. Expect success as you keep moving forward. When I have the opportunity to meet you for our one on one, I will have you send me a brief outline of your challenges and issues so we can use that session to your advantage. It's going to be a life coaching session and I will also be sending you an audio of our discussion. We want to understand what's holding you back and what you can do about it.

So, enjoy the rest of the program and focus to expect success.