

Awaken Now

Hello everyone and welcome to your program, **Awaken Now**.

I'm David Greenwood, the creator of self growth programs to help you become your Authentic Self and live your life in the Now.

I am excited about beginning this process and look forward to learning more about you as we continue on this journey together.

As you can see we will be delivering these programs to you in a live video with power point slides. I record this live broadcast then make this available to you on the website for the Awaken Now program.

The purpose of this program is to solidify your focus upon creating a healthier subconscious mind. As you learned in the 3 Secrets of your subconscious mind videos, **your inner beliefs and behavior either allows or blocks access to deeper transformational experiences based upon its limited programming.**

Today you are going to learn a powerful tool to create a healthier subconscious mind, which allows you to move forward on your path of inner health and wellness.

Along with the lesson, I will guide you on a few **experiential exercises** for you to practice what we discuss, for none of my programs are meant to be simply educational.

I know that only when you experience something for yourself do you create true transformation. Information may be power but it doesn't always bring the deeper change needed to create a healthier you and change your world for the better.

The **first process** we will explore is how to discover two magical words that will transform your life. This is a vital part in understanding your subconscious mind and how it functions.

The **second process** we dive into is to reveal the mistake many people make when setting goals and why this will sabotage your efforts of self hypnosis. Self hypnosis is a valuable part of what we do as I want to teach you to be self-sufficient.

The **final process** of this program is offering you a powerful hypnosis session called **Remove Emotional Clutter**, which is designed to help create a healthier subconscious mind and a better you. Listen to this either during the day or night

and as often as you wish, just never while driving, for eyes closed is the most effective way to experience this process.

So are you ready to explore those two magical words?

Good, but first a quick review.

Now that you have learned about the subconscious mind from the 3 Secrets Videos...

What it is...why it acts the way it does...how it controls your thoughts, feelings and actions, I hope you now see the vital importance of addressing this balance of inner power.

Do you feel the resistance from your subconscious programming (which I will now call your Guardian)?

I would like you to take a few minutes to experience your thoughts and feelings right now.

That's right, just close your eyes and be aware of your thoughts. Please do this right now.

Good. Did they change from the first time you did this exercise? At this stage all you need to do is note what you think and feel.

Until now your Guardian has used food, alcohol, sex, drugs, games, TV, exercise and so many other forms of entertainment to make you feel better.

It tries to distract you, sabotage you or control you to either protect or punish you.

Protection is a powerful program that drives your Guardian part.

It strives to protect you from fear, anxiety, depression, boredom, stress, loneliness, anger and so much more

It doesn't want you, the conscious self, to interfere for it doesn't trust your abilities to do so.

You are the child, it is the parent.

Since you are still a child in its eyes it feels that you are not capable of dealing with all the worries, concerns, issues of life.

You might try to overcome this resistance by talking, bargaining, pleading, exerting will power and others.

This only works if your Guardian is healthier and more positive.

If not, it ignores you.

You need to turn your Guardian into an ally, not have it remain your adversary.

In order to do so the first step is to awaken to the fact that until now it has been in control.

In the beginning it won't listen to you and will try and overcome your efforts.

So like the child you once were continue the process of learning, absorbing new information, of growing wiser day by day.

And in order to do that, you must awaken from the negative trance states you are in right now.

Which brings me to those two magic words, "Until Now".

Let me explain.

Whenever you hear yourself say, think or feel something negative or resistive, you have just witnessed the movement of your subconscious Guardian.

Listen for words, thoughts or feelings such as doubt, worry, fear, anger, jealousy, stress, loneliness, anxiety, depression, I can't do it, I'm not good/strong/smart/healthy enough...Life sucks, everything is stacked against me, I can't do it, etc.

All this comes from the old, resistive subconscious conditioned programming that you experienced while growing up.

The healthy, authentic you doesn't think or feel that way.

Words, thoughts and feelings like, happy, healthy, joyous, successful, empowered, free, learning, growing, using my experiences wisely, in control of my destiny, etc. are common from this part of you.

Which do you hear more often?

In the beginning of this I asked you to close your eyes and listen for what your thoughts are saying.

Chances are they weren't coming from the healthier you.

The old subconscious abhors stillness and silence. It is always in motion and controls your thoughts, feelings and actions.

Even after a wonderful experience it wants to jump up and get busy again.

So, whenever you hear, feel or think some of those negative aspects we discussed, I want you now to wake up in that moment, realize it had just been in control of your thoughts/feelings/actions and respond by saying..."Until now".

For until now, those thoughts were true, until now, you were overwhelmed by negativity, until now, life might have sucked, until now nothing worked well, until now...You get the idea.

We accept that until now all that was true, that was our belief, and to resist a fact is a mistake. We accept without struggle that until now all that was true, for what you resist, persists, as Carl Jung stated.

When you put energy, focus and attention upon something it keeps it going, like throwing fuel onto a fire.

Since resistance is, as they say, futile, we let it go without struggle. Like releasing the end of the tug of war rope, just let it go.

And the final "until now" would be "until now...oh well". Yeah, but I don't care. If you really are ready to let it go this is authentic. That "until now" all the negative things were true, but now you are ready to let it go.

So in those two words, until now, all that is implied

And then you immediately state a positive, "I am", affirmation about what you want right now instead.

Such as, “I am becoming more confident”, or “I am taking control now”, or “I am eating healthier”, or “I am becoming more at peace”.

Please don't lie to yourself, for if you don't feel confident don't say “now I am confident”. Be honest and know you are in the process of becoming confident, happier, and healthier.

So state what you do want and as you do, you turn away from the negative mind without struggle.

Your mind focuses upon where you put your attention, and now your attention is upon success, joy and fulfillment instead.

“Until now”, then “Now I am”.

Then take a moment to see how you want to be, feel how good it is to be this way, and turn up your desire to be this way. See it, feel it, want it.

This is not just an intellectual exercise.

It is an energetic movement of the healthy self to affirm, focus and create the life you want to live.

Experience success coming to you right now, for it's only a matter of time. That's right, expect success.

And in that moment the healthy subconscious is being fed and fueled and fired up.

In that moment, the true you, the authentic you, emerges from the depths of your subconscious and becomes a part of your subconscious beliefs.

Even though I am guiding you with this, it is a mistake to believe that another can do it for you.

What I do is help you create the space within your subconscious that fills with your true self, from the healthy blueprint that you have had from the moment you were born.

Yes, like the mighty oak that has everything it needs within the tiny acorn, you have within your subconscious the healthy you, mostly hidden away, once suppressed, but now awakening.

So for example when you say, “until now”, and “now I am becoming more confident,” you temporarily are more confident, for whichever part of your subconscious mind is stronger in that moment is the one you follow.

As Krishnamurti liked to say, “The content of your consciousness is your consciousness.”

Whatever fills your mind is the person you are.

If it's filled with the positive, healthy, amazing being you are, that's who you are in that moment.

If it's filled with the negative, doubting, unhappy being also within you, that's who you are in that moment.

You might only stay in that healthy mindset for a minute if you are lucky, or just a few seconds.

In the beginning this doesn't matter.

For you have begun to make the change, to create a healthier you and no longer energizing the negative trance state where you are disempowered and disenchanted.

I don't care if you have to say it 10, 20 or 100 times a day.

Use it.

For each time you say “until now” everything moves in the right direction.

Your responsibility is to awaken now and realize it's time for a change.

Bonus Session:

Major Mistake People Make Setting Goals and Doing Self Hypnosis

Now let's explore the major mistake people make when setting goals or doing self hypnosis.

It's an easy one to make, and I am pretty sure that everyone has done it.

So here's a hint, how often do you hear someone say, "I am tired of feeling anxious," or, "I need to avoid sugar", or, "I need to quit smoking", or, "I feel tired all the time."

What do they all have in common?

Still not sure?

How are these two sentences different?

"I am exercising three times a week now," or, "I am eating more fruits and vegetables," or, "I am focusing on feeling more energetic now."

Ok, you probably guessed it.

What too many of us do is say what we don't want instead of saying what we do want.

Easy, right?

Not necessarily.

Whenever I work with clients the first thing we do is create a future self and have them describe what that future self would be.

Clients typically start out by saying things like, "I don't want to feel so worried," or "I am tired of feeling unhappy".

Most clients haven't spent much time filling their minds with what it is they do want instead of what it is they don't want.

We are just programmed to focus on avoiding the negative by stating the negative.

Right?

Right now try this. Say out loud the changes you want to make in your life.

That's right, try it. Don't think about it, just describe what you want in life.

Did you have to catch yourself from using negatives?

You will become aware now that nearly everyone states what it is they don't want instead of what they do want.

When you hear this, please tell them this short and simple sentence,

"Don't think of a dancing, pink zebra."

What you will find is that everyone thinks of a dancing pink zebra. You have to think about it in order to not focus upon it.

Your mind goes to the image and ignores the words, "do not".

Then tell them about focusing upon what you do want and how important it is to release the negative.

Why this is important for self hypnosis is because self hypnosis is the process of the client giving themselves positive suggestions, so it is important to do it correctly.

So it is vitally important to use the correct language, otherwise the subconscious mind focuses upon the negative and is programmed at this deep level upon the opposite of what you want to achieve.

It is hard enough to remain at the deep enough level to be suggestible without falling too deep into sleep. You don't want to make it more difficult by using the wrong language.

So I advise before you ever do self hypnosis to first be hypnotized so that you know what it feels like.

I help my clients experience the various levels of hypnosis so that they get comfortable being at the level that is most effective for accepting suggestions.

Remember the term "see it, feel it, want it" from the discussion of "until now"?

Another reason why I have clients practice “until now” is that they actually are learning self hypnosis.

One of the most effective ways to use self hypnosis is to use these words to focus upon what it is you do want.

For example, I teach my sport’s clients (regardless of the sport) to go to the level most effective for self hypnosis and then first see themselves being successful, then feel how good it is to be successful, and finally let themselves energize how much they want to be successful.

See it, feel it, want it.

It is a very effective way to focus your mind upon success.

It doesn’t mean that they are always successful, for often it’s a team sport or their opponent is just better than they are.

But it does mean that they are positively focused on being the best that they can be, and no one can do any better than that.

I use this technique every morning as I awaken.

I intend my day, picturing how I want it to go, feeling how good it is to go that way, and finally turning up my desire to energize how much I want it to go that way.

You have to try it for yourself to become convinced of how powerful this can be.

I do it every morning because it works.

See how well it will work for you.

Conclusion

It’s time for the healthy you to come forth.

And the more you use the words, “until now”, the stronger the healthy you becomes and the sooner the changes occur.

Please avoid beating yourself up if you forget to always do it or don't feel like you are doing it well enough.

In the beginning of this process you are metaphorically just 3 years old compared to your negative subconscious parent.

How much power does a 3 year old have? Not much.

So do the best you can, for the secret is what really matters is that you just get it started.

A wise man once said, “You don't have to get it perfect, you just have to get it started.”

Get it started, your life awaits.

I will continue to connect with you in the days to come to help you move beyond the self sabotage that will inevitably come about when you begin the process of subconscious transformation.

Until then...