

## LESSON THREE

# YOUR INFINITE MIND— Using Your Mind to Get The Results You Want



## MOVING TO HIGHER PRODUCTIVITY AND GREATER REWARDS

The mental exercise you are about to be involved with is truly a liberating concept and although it is being used for a specific purpose here, you could adapt it to be used in any area of your life. Your reward for following the instructions to the letter will be great; however, discipline combined with aggressive action will be required for you to replace the habits that have to be replaced in order for your desired results to manifest.

In preparing yourself to move to a new dimension of productivity, totally relax.

You are about to begin reprogramming your subconscious mind, and the strategy we are suggesting to accomplish this is extremely effective.

Your subconscious mind is totally deductive, meaning it has no ability to reject; it will accept whatever you impress upon it as reality regardless of whether it is Imagined or Real.

All true professionals employ this imaging process whether they are in sports, in business or in life generally.

Visualize a funnel of lavender energy flowing into the crown of your head, circulating through your head and down into every area of your entire body. As this energy freely flows to and through you, circulating into every molecule of your being, let your body become very light. Mentally envision yourself already in possession of the results that you desire. The results are as real in your mind as the clothes you are wearing. Really see the picture.

In the space provided, make a written description of yourself already in possession of the good that you desire. State how you feel and write in the present tense. Write so clearly that if a stranger were to read the description the words would create an image in the reader's mind that would be a replica of the image you are holding in yours.

In the space provided, as a team make a written description of the team already in possession of the good that the team desires. State how the team feels and write it in the present tense. Write so clearly that if a stranger were to read the description the words would create an image in the reader's mind that would be a replica of the image the team holds in theirs.

### 3 THE THREE R'S EXERCISE — REVIEW, RE-THINK, REWRITE

1. **Review** the ideas, exercises and tools you have received in this Lesson Three of *Thinking Into Results* and outline what you have learned.
2. **Re-think** what action steps you will take based on this Lesson that will move you and your team closer to the goals you identified in Lesson One.
3. **Rewrite.** Does your goal need clarification? Is the image clear? If you gave the written description of the goal to an absolute stranger, would that description create a picture in their mind that is the duplicate of the one you are holding in your mind? If not, bring more clarity to the written goal.