INCREASE ANYTHING USING YOUR CONTROL CENTER

A MIND-ADJUSTMENT PROCESS

BY

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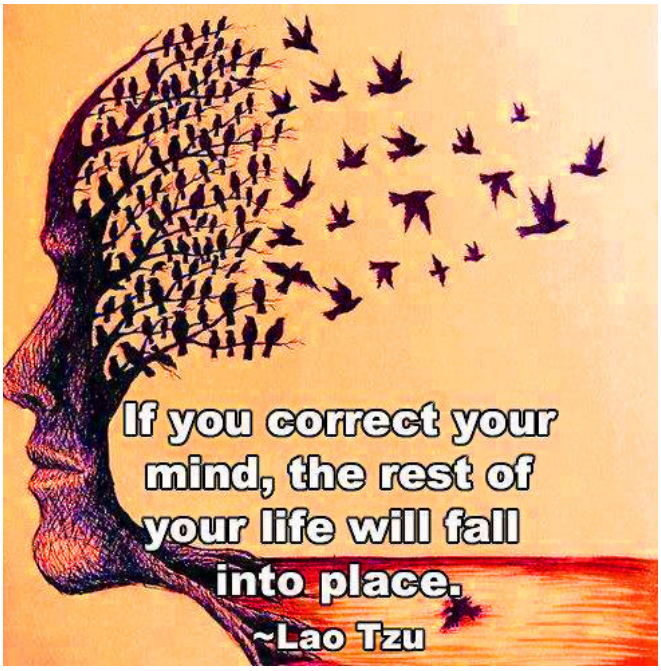
Mind Mastery

Mind mastery is an element missing from the education in schools and in most families. Athletes get some coaching in the mental skills essential to sports, but other students do not. Mind mastery is an essential skill to living a successful and happy life. Mind mastery is also the answer to easily overcoming psychological and medical challenges.

The wise men of all ages have emphasized the importance of the mind in creating the future of an individual. Yet this wisdom is not systematically passed to each generation. Mind mastery must become the cornerstone of your life because it is the foundation for being a successful and happy member of society.



Your Mind

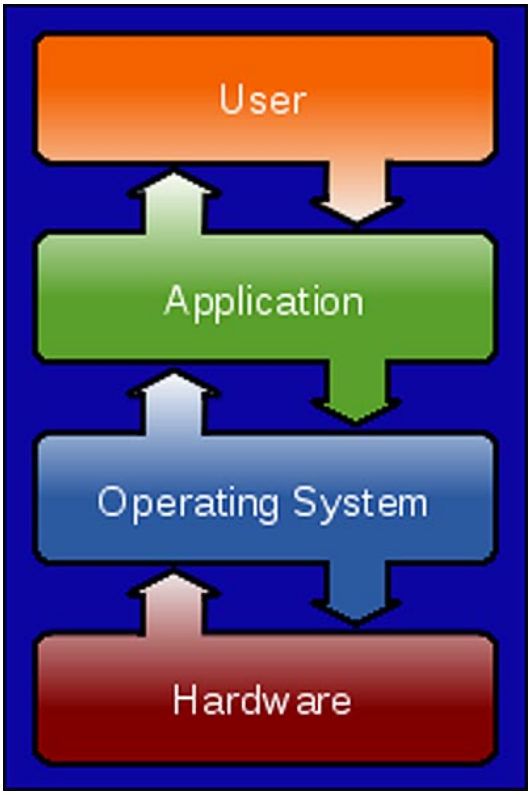


No one understands everything about how the mind works. Philosophers have speculated for centuries about the mind and consciousness. Scientists are learning more each year, especially now that they can monitor activity in certain parts of the brain in real time with functional magnetic resonance (fMRI) scanners.

But we do have some good models that help us understand our mind and how it works for us.

Computer

Computer engineers designed computers to be very much like us. When you look at a computer the first thing that you see is the hardware: the screen, keyboard, mouse, printer, and speakers. These are all devices to get the information into or out of the computer. Notice that each of these is connected to the central processing unit, or CPU, with electrical cables.



This is like our body with its five senses that get information in and out. They are all connected to our CPU, our brain, by the electrical cables that form our nervous system. Your body is similar in function to computer hardware.

But what makes the computer really work, of course, is the software. There are two types of software, the application software where the works gets done, like a word processing, email, web browser, and spreadsheet. As they shrunk the size of computers down to smart phones, they also shrunk the name from application software down to “apps.”

Conscious Mind

That’s very much like our conscious mind where we do our work, our rational thought, our analyzing, computation, language, planning. This is the part of our mind that believes it is in control and makes decisions. It is where we exert willpower.

Underneath the application software there is always an operating system in every computer. The operating system’s role is to make everything work together, and to stay mostly hidden. Its purpose is to handle all of the details to keep everything running smoothly so you do your work.

Even when the computer seems idle, there are dozens of programs running in the operating system.

Sub-Conscious Mind

We have an operating system, too. It's our sub-conscious mind. It runs our bodies, our reactions, our emotions and our habits. A habit is like a program stored in our nervous system and controlled by our sub-conscious. We love habits because they free our conscious mind by sending an activity down to our sub-conscious, like a program we can run whenever we want.

Habits



Tying you shoes took lots of conscious concentration to learn the pattern and teach your finger muscles the routine. Once you repeated it enough, it became a habit. All you have to do now is put on shoes with laces, and the next think you know, they are tied without any conscious thought.

Walking is more complex. As an infant, you spent conscious energy over an extended period of time learning how to walk. Everything about walking is now ingrained into your sub-conscious so that it no longer requires conscious thought. Once you decide (with your conscious mind) that you want to walk to some destination, the autopilot of you sub-conscious handles all the details of the right muscles to move at the right times.



Driving may be the most complex habit that you have developed. When you first learned how to drive, there were all those details to do at the same time. Now they do not require conscious thought. You have probably experienced at least once arriving at your destination and not remembering any details of the trip. That's because your conscious mind was busy with other things while your sub-conscious drove the car for

the entire trip taking care of all the details automatically. Did you notice that when the stop lights of the car ahead light up, your foot comes off the gas and onto the brake pedal even before you have time to think about it?

Why is this important? Because it means that your sub-conscious is running most of your life. Your conscious mind likes to think that it is in control, but just like in your computer, there are many programs running in your operating system, your sub-conscious, that you are not aware of.

Power & Connection

Finally, what powers a computer is electricity and what provides connectivity of other people and information is the internet. What powers us? It is called our super-conscious, or some call it our Spirit or soul. It is what powers us, no matter what your belief system, giving us our life force, connecting us to all other life in the universe and to the divine.



We are composed of **BODY**, **MIND.** and **SPIRIT** just as your computer is hardware, software, electricity and network connection.

Your Sub-Conscious Mind Runs Your Body

Yes, it's true! Your sub-conscious is controlling your body. Your conscious mind sometimes controls your skeletal muscles, as when you decide to stretch. If you consciously think about it, you can also control your breathing and your blinking; but if you don't think about these, they will continue without your conscious thought.

All the rest of your body's "automatic" processes like blood pumping and oxygenation, digestion, wound healing, cell regeneration, waste collection, immune responses, and many more are not under your

conscious control. They are under the control of your personal Operating System, your Sub-Conscious Mind.

Athletes Learn to Use Their Sub-Conscious Mind

Because your mind controls almost every bodily process or limit, athletes say that the games are won or lost by mental attitude. They are speaking of the sub-conscious programs that run the body. This is why top athletes use deliberate imagery to extend their skills beyond normal physical limitations at critical moments.



Have you ever noticed a pro golfer take a few seconds to center himself and reflect just before a difficult putt? What he is doing is visualizing every part of his swing, the perfect impact of the ball with his club, his follow-through and the movement of the ball into the cup. That visualization is a type of instruction to their sub-conscious that many professional golfers do to excel in their game. Many have regular visualization coaches that help them master using that tool. That is what you are learning right now!

Rigid as a "Piece of Steel"

I personally witnessed an example of extreme adjustment of physical limits by the sub-conscious. During a training class on the subject matter of extending physical limits, I asked for a demonstration of a dramatic change in a physical limit. After reminding us of stories of how ordinary people have been able to lift a car off of a loved one who was under it, the instructor enlisted a young woman volunteer from our class.



Once entranced by the instructor, (put into a state where the conscious mind is distracted enough to allow commands to be given to the sub-conscious), she was told “Your body is as stiff and rigid as a steel beam.” She was then tipped over and elevated horizontally by two other students supporting her only by her heels and head. She remained perfectly straight and stiff!

The ordinary physical limits of our muscles do not permit this! Because she was in a trance, her sub-conscious was receptive to the commands and adjusted her body’s capabilities and limits during the trance. This is a common demonstration during entertainment or “stage” hypnosis.

Fire Walkers



You probably have heard about those who can walk on broken glass or fire and remain uninjured. They do this while in a hypnotic trance state, often as part of a ceremony. By putting themselves into a trace state, they adjust their tolerance for these insults to their body and are easily able to repel the normally injurious effects. Fire dancing is part of the traditional Kecek dance in Bali.

YOU have a very powerful mind and can do similar feats!

YOU will use that power to adjust . . .

Anything **you choose!** *(about yourself)*

You could choose to adjust something:

- PHYSICAL: like having greater stamina when you are working, quicker recovery from a cold or illness, more restful sleep, or any other physical process.

- MENTAL: like better focus or memory, highly productive creative dreams and answers to questions.

- EMOTIONAL: like peace in stressful situations, easier communication with your loved ones, customers or partners, or building a habit that leads to success.

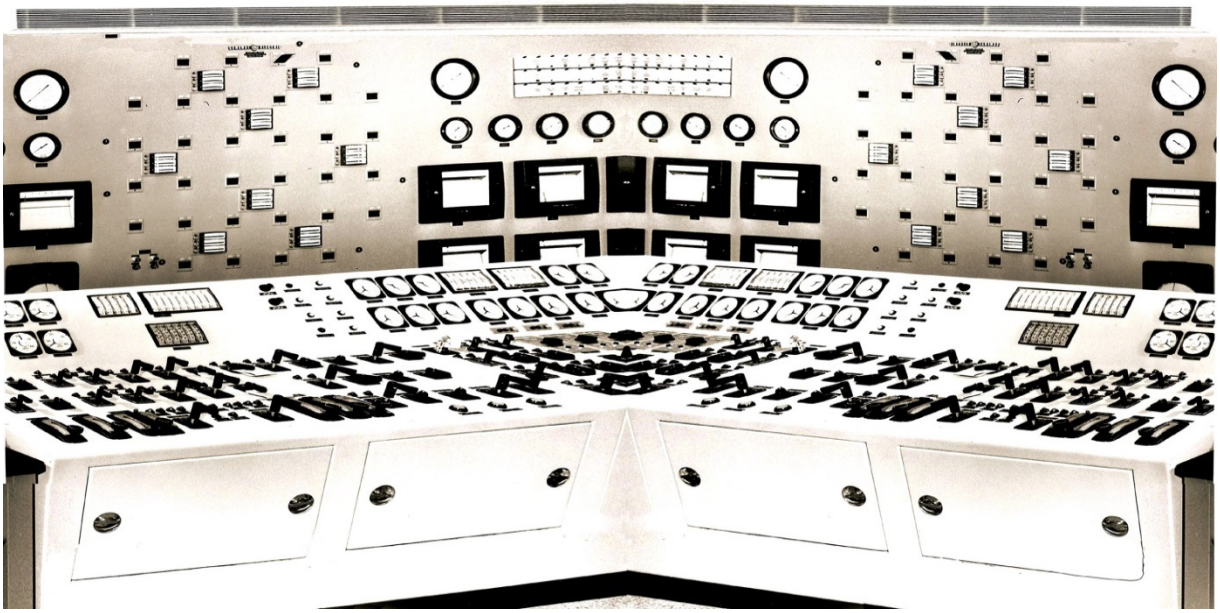
Every desire that you have can be expressed as a desire for an INCREASE. Even if there is something that you desire less of, like pain, stress, or insomnia, there is always an inverse, like comfort, calm, or restful sleep, whose increase effectively diminishes what is undesired.

How to Use Your All-Powerful Mind?

You learned already just how powerful your mind is. You will now learn to use that power to adjust the body function, skill, or habit that you want to change.

It is much easier to *INCREASE* a function than it is to decrease one. If you want to decrease some function or habit, find its opposite counterpart that when increased will accomplish your desired goal. E.g., If you had diabetes and wanted to rid yourself of that condition, you could use this INCREASE ANYTHING process to increase “blood sugar balance.” You can formulate any desired decrease in terms of an increase to use this process.

Your adjustment will be achieved in that part of your all-powerful mind that is your Master Control Center



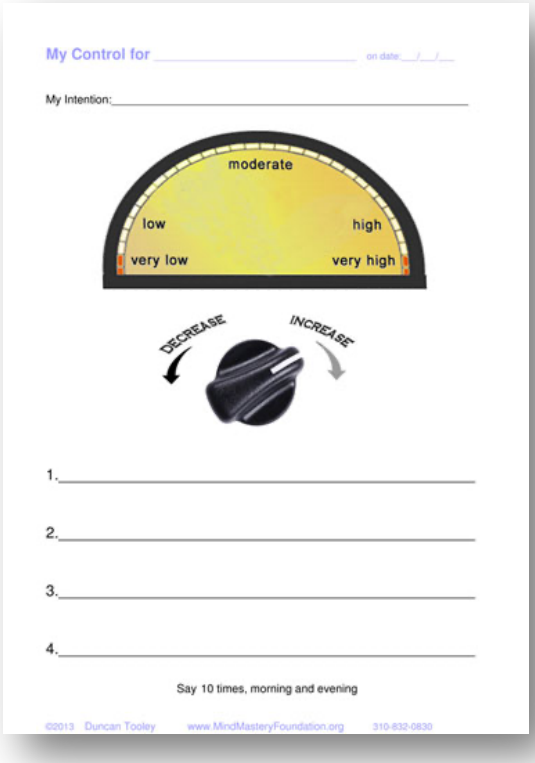
Your Master Control Center

Think of your sub-conscious as an extensive **control center** for everything in your life.

- ✓ For your mechanical body processes (heart beating, lungs breathing).
- ✓ For your cellular body processes (cell division, DNA reproduction, energy conversion, cell destruction, sweat).
- ✓ For your chemical body processes (sugars and stored fat to energy, digestion and storage of nutrients, hormone and enzymes generation, adrenaline).
- ✓ For your emotions.
- ✓ For your habits.
- ✓ For your physical skills.
- ✓ For your mental skills.
- ✓ For your reflex reactions (your auto-responses, those that occur before you have time to think about them).
- ✓ For everything else in your life that you don't consciously control (dreams, sneezes, etc.)
- ✓ For everything you desire to bring into your life. (The electromagnetic energy you radiate by your thoughts attracts it all to you through the Law of Attraction).

Your Control Center is a very powerful place. Before you go there to make adjustments there is some preparation that is necessary.

You will use your Control Chart as preparation. Here is a copy of your Increase Control Chart template.



Print out your **Control Chart** copy to use (sketch this form on a blank paper).

Title Your Control Chart

"Write in the title: "Increase my_____"

Intention

Think about WHY you want this increase. Formulate your intention for making this change in a positive way that includes the reason or expectation about what this increase will affect in your life. Write that intention on the line near the top your Control Chart.



Control Center Adjustments

Your Control Center is managed by a part of your consciousness dedicated to that function. You can call that part of your consciousness anything you want … and you may already have given it a name. I will call it your Control Meister. This personality manages all of your controls and adjusts them at your bidding, or welcomes you into the Control Center so you can adjust them yourself.

With guidance from a visualization audio (structured meditation), you will go to your Control Center and make your adjustment personally to the appropriate control after your Control Meister shows you where it is. To prepare for this you will mark your planned adjustment on your paper Control Chart before going to your Control Center.

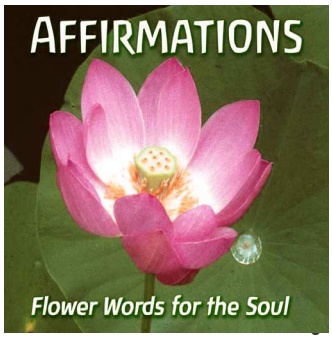
Working with Your Control

Each control has a dial and a knob. The dial gives a visual representation of the current setting of the control. The needle position shows the operating set point. You actually experience or perform within a narrow range around this set point. (Think of it as the thermostat setting in your home or car. When the temperature gets one or two degrees below the setting, the heater comes on. When the temperature gets one or two degrees above the setting, the air conditioner comes on. The temperature stays in the narrow range around the thermostat set point).

A rotating control knob below the dial makes the adjustment to the control. The needle on the dial moves to reflect whatever adjustment is made by turning the knob. Rotating the knob clockwise increases the control setting, and moves the needle to the right. Rotating it counter-clockwise decreases the control setting and moves the needle to the left.

Your Control Process

1. On your Control Chart, draw the missing needle in the position that shows your current operating set point for what you want to increase.
2. Decide how high you want your new operating set point to be. It could be a little, or a lot higher, or even the maximum. Decide whatever you choose, realizing that you can always come back and make further adjustments.
3. Pretend the control knob is 3-dimensionaland grab it. Slowly turn it clockwise. As you turn it, imagine the needle moving to the right and higher as you turn the knob. Stop turning when the needle reaches your desired new position.
4. Mark another needle on the dial showing your desired new set-point where the needle stopped as you were increasing.
5. Draw some curved arrows that represent the motion of the needle as it moved from the original needle position to the ending position.



Affirmations

Affirmations are short messages to your subconscious. They are used to reaffirm what you believe or to reinforce a change you are implanting.

They work by **the Law of Attraction**, probably the most powerful natural law. It can be stated as:

- "The vibration of your thoughts draws similar energies."
- *"*What you *believe & tell yourself . . . .* is *what you get. (is attracted to you)."*
- *"*What you think about*, comes about!"*

Affirmation Formulation:

1. Affirmations are short, simple, declarative sentences easily remembered and repeated.
2. Affirmations are about what your life be like after you have accomplished the increase when you imagine yourself in the future, and then put yourself there so you state the affirmation in the present tense (no “can” or “will” potentials or futures).
3. Affirmations are positively worded (no negatives; no words about anything you don’t want).
4. Affirmations are about you (not about other people, events, circumstances, things).
5. Affirmations use words that are strong, emotional, with “juice” and power.
6. Affirmations feel like a real stretch, yet still possible, creating a different you.
7. Affirmation recitation should always conclude with:
   “I am grateful that this (or something better) is manifesting for me right now!”

My Control Chart Affirmations

Formulate an affirmation that reinforces what you are increasing. As you mentally formulate your affirmation, validate it against the formulation rules above. Write your affirmation on line 1 under the knob on your Control Chart. Congratulations! Wording your affirmation to describe the emotion and feeling and elation of your accomplished increase is a big step in getting there.

Now, envision yourself again in your new condition and formulate 2 more affirmations and write them on lines #2 & #3.

Question

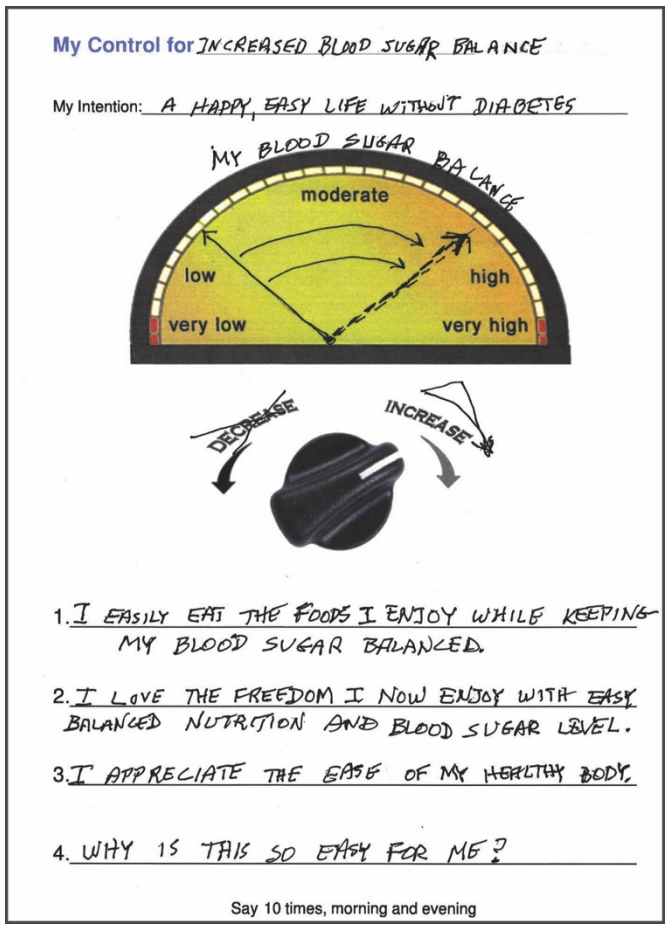
Some believe that questions are even more powerful than affirmations because your mind is made to seek out and answer questions.

On line #4 of your Control Chart, write the question, ***"Why is this so easy for me?"***

Notice that the question immediately engages your mind to start offering possible answers that reinforce what you are increasing! Your mind is radiating "focus" energy!

Notice the instruction: "Say 10 times, morning and evening" at the bottom. You will be saying these affirmations and question a total of at least 20 times every day at those times.

What your Control Chart could look like:



Structured Meditation

Change takes place in your sub-conscience. The desired state to work with the sub-conscious is to distract the conscious mind so that it doesn't impede the sub-conscious change.

To do that, get yourself into a comfortable position in a location where you will not be distracted. Turn off your cell phone and other possible disruptions.

A major part of the conscious mind is devoted to processing visual information. Simply closing your eyes relaxes the conscious mind. A few other choices like slowed deep breathing and deliberate muscle relaxation put the conscious mind into a state where its guard over the sub-conscious is sufficiently relaxed that instructions to the sub-conscious can get through and have a positive effect.

If you are an athlete and have experienced being “in the zone,” you understand that it is a state where your muscles do what they need to do without any deliberate effort and your mind is free.

That is the state in which your sub-conscience easily absorbs whatever you give it and the state you will experience during the structured meditation.

In your quite relaxed place, listen to your **structured meditation audio.**



You have done it. You have increased [BLANK] just as you intended!



Say your affirmations and question 10 times each morning and evening to reinforce your new increased set-point.

You will experience a definite increase in your life to match your new control setting. Because the increase originates from your sub-conscious, you will get intuitive promptings to do those things consistent with your increase. You will experience them easily and automatically. It won't require conscious thought.

You may not even notice the effect. Other people will notice the difference and ask you "What happened?" Know that when they ask why you are different, you will know that it is because you re-programmed your sub-conscious, and it was easy. So easy that you decide to make some other changes!

Journal



You will be able to track the change better if you keep a journal about the quantity, frequency or degree of whatever you intend to increase.

Enter your starting setpoint before you do this process.

That way, after a few weeks you can look back and see how things used to be different. Even though your new pattern feels so natural that it seems like it has always this way, you will have the evidence that you have changed.

Thanks, and Bye for now!

Duncan Tooley