

Internal Conflicts

For one reason or another, one part of the mind sometimes decides to go to war with another side of the mind.

Secretly, the two conflicting parts of your mind almost always share the same purpose or positive intention—*what* they want; they just disagree about *how* to accomplish it. The solution to internal conflicts is to integrate the two combatants by getting them to recognize that they want the same outcome.

Visual Integration

1. Start with one part or side and allow this part to move down your arm into your hand. Imagine what it looks and sounds like. Thank this part for being willing to communicate with you.
2. Ask this part of yourself “What do you want for me through this behavior?” It may say something like “safety” or “to be loved.”
3. Ask this part: “If you could experience *safety* fully and completely, what would that do for me *that’s even more important?*” It might say: “To fully *express* who I am.” Ask again: “If I could *fully express* who I am, what would that do for me *that’s even more important?*” It might say: “to feel *alive*.” Keep asking the question with each successive answer until you get to a state of being. Thank this part for wanting you to feel *alive*, *be peaceful* or whatever.
4. Repeat steps 1-3 with the other part of yourself that is in conflict. *Have it move down your other arm into your other hand.*
5. Next, ask each part to look at the other part and see if it can honor what the other part is trying to do, even if it disagrees with how its been going about it. Let each part communicate what it thinks and feels.
6. Ask both parts: “Would you be willing to come together, bringing the best of what you do in service of achieving the higher outcome?”
7. Wait for congruent agreement, and then...only as quickly as the two parts can fully integrate, bring your hands together, allowing the two parts to form a single mental part that can focus on the higher objective.

Mind Bombs

Do you ever see, hear, feel, smell or taste something and instantly feel mad, sad, glad or scared? When you see, hear, feel, smell, or taste the same thing again do you get the same emotional response? Whatever you're experiencing may be a mind bomb triggering a traumatic memory from your past.

Edit Your Mental Movies Of The Past

Looking at your memory from a distance, let the movie run. Then begin to edit it step-by-step.

1. Look back to a time before the event. From your observer position, **how did you help set up this experience?** What did you do that allowed it to occur? **What resource, strength or knowledge did you need beforehand** that would have prevented the event altogether?
2. Once you know what wisdom or skill you needed, **remember a time when you had that resource in abundance.** Beam that ability into the younger you. See it filling the younger you with resourcefulness. Now rerun the movie of the setup. How is it better?
3. Now, look at the event itself. One-by-one, answer the following question for every person involved in the main event, including yourself:
What was their positive intention?
4. Give them the missing skill, ability, or compassion that they needed.
5. Step into yourself and rerun the experience from setup to completion.
6. "Future pace" the resources.

Jay Arthur, the KnowWare® Man, works



with people who want to master the mysteries of the mind. He's a certified master practitioner of Neuro-Linguistic Programming (NLP).

Jay found that your brain is like a computer and that your mind is like software.

Using the simple tools in this book, you can debug your mental software to eliminate the barriers to your success. And you can upgrade your existing KnowWare with improved routines.

Stop the Insanity! Debug your mental software.

Debug Your Mental Software

Change Your Mind
Change Your Life!



Quick Reference Card

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Take Control of Your Mind and Your Life

What you think and how you think controls your success both personally and professionally. Isn't it about time that you learned how to upgrade this marvelous biocomputer of yours?

As you examine what kind of software is running in your mind, you'll find three types of knowware:

- **many good applications and applets** that help you navigate through the world
- **a touch of pure genius** that you may not be using to its full advantage
- **a bunch of spaghetti code** that gets in your way and prevents you from engaging your personal genius.

Recent explorations by researchers like Jeffrey Schwartz, M.D., author of *The Mind and the Brain—Neuroplasticity and the Power of Mental Force*, have revealed some startling findings:

- **The adult brain can rewire itself.** It can grow new cells, it can change the function of old ones. It can assign new functions to other areas.
- **The mind can rewire the brain.** We can harness the transforming power of the mind to reshape the brain. Schwartz calls this *mental force*.
- **The mind is not the brain.** David Chalmers wrote: "The whole enterprise of seeking an explanation of consciousness [based] solely in the stuff of the brain was fatally flawed, and therefore doomed from the start."

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The Five Most Limiting Beliefs

How can you spot a limiting belief in yourself and others? Listen for this phrase:

"I can't because..."

The five most common limiting beliefs are hopeless, helpless, worthless, useless, and blameless. Their expansive counterparts are possible, capable, worthy, valuable, and responsible. Let's examine each one.

1. It's hopeless (i.e., **it's not possible**). Sometimes, faced with a lack of know-how, you can take the easy way out by saying: "It's not possible; it's hopeless."

2. I'm helpless (i.e., **I don't know how to do it.**)

To overcome the "know how" limitation, you can:

- Discover what KnowWare you already have that can be enhanced to work in the new situation. Ask yourself: What's this like?
- Invoke your "learning" abilities to learn how to do it. Where can you start: a book, video, audio, or observation?

3. I'm worthless (i.e., **I don't deserve it.**)

There's a flip side to this belief: "I deserve, *because* I'm limited (incapable, helpless)."

4. It's useless (i.e., **I don't want it.**) Invariably, this limitation comes from a misguided sense of values. You begin to believe that getting one thing means giving up something more important.

5. I'm blameless (i.e., **I'm not responsible.**) With this belief, people stop taking action to achieve their dreams. They turn control over to someone else and passively wait for something to happen.

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Send an email to knowware@aweber.com

Changing Limiting Beliefs

Beliefs invariably take these forms:

A means B *A causes B*
I'm B because of A *I can't B, because of A.*

Being late, *means* you don't love me.
When you're late, it *makes* me think you don't love me.
You don't love me *because* you're always late.

To gather all the information you need to transform the belief using simple conversation, ask:

1. What's the opposite of A?
2. Then ask: What's the opposite of B?

Now that you know the limiting belief and the opposites of A and B, ask the person each of the following questions until the belief changes:

How could A actually mean [opposite of B]?
How could A actually mean not B?
How could [opposite of A] actually mean B?
How could not A actually mean B?
How could [opposite of A] actually mean [opposite of B]?
How could not A actually mean not B?

Example:

How could being late
 actually mean I love you more?
How could being late
 actually mean I don't not love you?
How could being on time
 actually mean I don't love you?
How could not being late
 actually mean I don't love you?
How could being on time
 actually mean I love you more?

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