

Create The Life You Love

Loretta Honeychurch Personal Growth Coaching

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Become The Programmer

Buddha said – “We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world.”

Lets take a look now at thoughts and emotions and how they create our reality.

Our entire world is the creation of our thoughts. Everything we see and experience outside of ourselves is a reflection of what is going on within, or internal emotional state in this moment.

Universal law states that what is true on the inside has not option but to be true on the outside.

Lets look at how our current state of being in this moment , came to be.

And specifically, we are going to explore how your current state of being may be keeping you stuck in a life that is not the full expression of who you really are.

You see, life is about change. We are hardwired for change; it's a part of our natural and inevitable unconscious evolution.

We live in a world where change is often forced on us.

Or we create the circumstances for change when we desire something new. And desiring new things or experiences is also a part of our natural unconscious evolution.

But if you ask, most people will tell you they don't like change.

Why? Because Change is challenging, it makes us uncomfortable, it makes us behave like a crazy person. Change is a mismatch to the model (of reality we are addicted to).

But what if you knew **why** change was so difficult? If you knew what to expect is it possible that you could drive the change and welcome the unknown instead of reacting to it? Of course.

As I said earlier our state of being is the sum of our thoughts, strategies and habits, beliefs and values. You are your thoughts, actions and feelings. And while it seems **that** that is who you are, you are highly hackable. You are capable of change. In fact your entire personality is hackable.

Who you think you are is just a fabrication. The truth is, you can change your personality to be whoever you want to be. I've done it with clients. I've done it with myself.

Lets explore this.

We have been led to believe that our conscious mind is always in control.

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I think you would agree that, for the most part, we like to think that we choose our thoughts and make our decisions consciously.

But the fact is that, by the time you are 35 years old, 90% of what you think and do is done at an unconscious level.

The way you feel about yourself and others, the way you react to situations in your life, the emotions you experience when thinking about your future or certain events in your past.

All of these things that make up what you consider YOU, are just a consistent running of the same program- a program which you didn't really have any hand in creating.

It was passed down to you by your parents, instilled in you by your friends at an early age or by a society which you thought you needed to belong to. And all this happened by the time you were 7.

As this unconscious program keeps running and you keep reacting the same way to circumstances in your life, you use the same group of nerve cells in your brain.

There is a theory in neuroscience called Hebbian learning which basically states that "nerve cells that fire together wire together". An example would be Pavlov's dogs.

Ivan *Pavlov* was a Russian physiologist whose research on the physiology of digestion led to the development of the first experimental model of learning, called Classical Conditioning.

The dogs were presented with food and at the same time a bell was rung. After several occurrences of food+bell ringing the dogs would salivate,

Over time, the dogs would begin to salivate at the sound of the bell even before the food was presented.

So he had conditioned the dog to respond to the ring of the bell. This is also called anchoring. He had created a neurological link between the bell ringing and salivation.

And we are subject to anchoring all the time. For example – when you hear a familiar song you may associate into a specific memory.

So a neurological link was formed between the ringing of the bell and salivating whereas the bell previously had not caused any salivation in the dogs.

Refer to the Video demonstration to see how this works and how to create a powerful resource anchor.

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In Pavlovs dogs example - Because the neurons associated with the bell and with food (salivating) had been fired together over and over they became wired together.

It works the same way for us- connections that we use consistently become stronger in your brain. Not only that, but they have gotten stronger without us even being conscious of it since we have been running the same unconscious programs for most of our lives.

Do you think there might be some unconscious programs that have been running in your life that are simply old clusters of neurons that keep firing together causing the same old emotion that you're feeling?

So, as these clusters of neurons continue to fire together and wire together, your brain orders the body to create a batch of chemicals corresponding to the emotion that you are feeling (also known as your State of Being).

Are you with me?

These chemicals are distributed through your body and, at a cellular level, you are physically being altered by your emotions.

As you present the same batch of chemicals to your cells over and over again, the receptors in your cells become desensitised to the chemicals and need more and more to create the sensation that you have come to know as YOU.

Your body is literally addicted to the emotions that you are operating under.

Completely out of your awareness you are being controlled by the wiring in your brain, and the chemicals that control your emotions which in turn control your behaviour.

Thought changes our physiology – it's called mind over matter.

Lets look at how our thoughts interact with our brain. We are creatures of habit. We have about 70,000 thoughts a day

90 percent of them are the exact same thoughts we had yesterday.

This is what it looks like –

We get up on the same side of the bed, turn the alarm off with the same finger, take the same amount of steps to the bathroom, have the same breakfast, use the same mug for our coffee in the same hand, sit in the same chair, when we get dressed we put our pants on the same we have since we were a kid, we rush off to work driving the same route, to do the same job, eat the same lunch, we see the same people, react the same way to the same people who push the same buttons, then come home, go to bed using the same routine we do every night, then we go to sleep so we can get up the next day and do the same thing over and over again, everyday.

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That's an example but you get it right, you all have a routine that is familiar to you, that is exactly the same as it was the day before.

That's why people say – you're so set in your ways. Well, yes you are and it's not your fault.

It's a function of your brain, and it's chemistry and wiring.

This is how it works.

Thinking the same thoughts leads us to make the same choices, and making the same choices leads to demonstrating the same behaviour.

Demonstrating the same behaviours leads us to create the same experiences.

Creating the same experiences leads is to produce the same emotions.

The same emotions then drive the same thoughts.

The same thoughts create the same reality day after day.

As a result of this your biology stays the same.

Now, if you are hoping and praying for your life to change it won't because you are stuck in a cycle.

Neither your brain or your body can change because you're thinking the same thoughts, performing the same actions, and living by the same emotions.

You're literally "in the program".

You create the same brain activity which activates the same brain circuits and reproduces the same brain chemistry, which affects your body chemistry in the same way. And that same chemistry signals the same genes in the same ways. And the same genes expression creates the same proteins, the building blocks of cells, which keep the body the same and you continue to move toward your "genetic destiny".

And since the expression of proteins is the expression of life and health, your life and health stay the same.

Your mind is no longer in charge. Your chemicals and your brain circuitry are in charge.

So, what does that mean for you?

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If you're thinking the same thoughts as yesterday you're making the same choices today, which are leading to the same behaviors tomorrow.

The same habitual behaviours are producing the same experiences in the future.

The same events in your future reality are creating the same predictable emotions for you all the time.

Your yesterday becomes your tomorrow – so now you can see how your past is your future.

Your state of being then is, in this moment, all of the above. It's who you think you are.

But in reality you are just the sum of your model of reality, your habits, your brain circuitry and chemistry.

And this is all happening to you by events outside of you, so you are never in the present moment.

It all happens unconsciously and out of your awareness. Everyday.

It's no wonder you feel the same way every day.

In order for you to change you have to create a new experience.

Our brain is full of circuits and neural networks. Neural networks are like muscles, like little fibres. When you learn a new behaviour you create a network, and you strengthen the network in the same way you strengthen a muscle in your body.

The more you exercise the muscle the stronger it gets. Just like when you are working out at the gym. So the stronger the neural pathway gets from firing the same neurons the more you reinforce the existing behaviour or program.

You see, your brain is an artefact that is based on all of your thoughts and experiences of the past.

So if our reality is constructed, and we know it is, and is made up of how you think, how you act, how you feel then the only way to change your current reality is to change how you think, how you act, and how you feel.

You have to become the observer of your thoughts and emotions. And then decide if the story you play out every day, over and over and over again is actually a story that is life affirming, self loving and of the best and highest intention for your life.

You cannot create a new reality with the same personality that created the past. In order to change your life, you literally have to become someone else.

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Don't get me wrong, maybe you love your life and that's ok. But if you're not happy, or fulfilled, or feeling like everything you want is just out of reach, then you have to change.

How do you do this?

The only way to create a new reality is to change your story. You literally have to change your state of being.

This includes- habits, strategies, meanings, physiology.
By meanings I mean – we attach meaning to our experiences.

For example - lets say your friend doesn't call you for 2 weeks. And your mind starts to create a story because you need to understand why.

So instead of calling your friend and asking if something is up, - you run a bunch of scenarios through your mind until you have one that matches your model. She doesn't like me any more, I've done something to upset her, she thinks I'm a loser so why would she call, etc.

When the real story is as simple as – my kid was sick and I have been at the hospital all week.

The best way to change your reality is to 'Fake it until you make it.' What I mean by that is you have to imagine the life you want and live it as if it is already true, as if it has already happened now.

Every single famous motivation speaker will tell you to do this. Did you see the movie – wolf of wall street. He was the perfect example of living it in his mind until it looked exactly like that in reality.

Dr. Jo Dispenza talks about how it's not really Fake it until you make it since, if you follow a daily program like meditation or visualisation, etc, you are actually creating a State of Being that will draw the experience equal to that new internal state. Kind of the law of attraction.

Your state of being has to reflect the new reality you want to create. You have to step out of the current program (current reality) and become the programmer of your life.

Not only that, now you know why change feels uncomfortable, because it is.

However, knowing all of this - Is it possible that when you are faced with change, you can sit back and say “ Ok, I knew this would be hard, “ or, “ ok, I was expecting this to happen but I'm ok with this, I can handle this.” Or “I know that if I just keep going everything will change.”

Because if you do keep going it has to change.

Go Ahead now and complete the Identifying You Exercise.