

ABT Mod 01.06 – Recipe for Success

Now I'd like to talk about the recipe for success in doing the next technique I'm going to share with you called Ten Minutes Before Bedtime.

Here is the recipe for success and the reason this technique is so powerful and works so well . . .

The Power of the Unconscious

You must come to know the power of your unconscious mind. You must come to know that you are ALWAYS achieving what you are programmed to achieve. Your unconscious mind works perfectly and 90%-95% of your day is driven by the unconscious mind. You create the good news and the bad news. You must acknowledge this in order to overcome it. The outside world picture will always match the inside world picture. It's like a signal that comes out of you. If you want change in your world, then you need to change that signal.

The Power of the Conscious Mind

You must also come to know of the power of your conscious mind. This is the power to focus in the moment, to be aware of your thinking, and to make decisions. It takes really so little focus to effect change, it's truly mind-blowing. You don't have to increase our conscious moments from 5% to 10%. You don't even have to increase them from 5% to 6%. You only have to be more effective with the 1-5% you're already using. This is pretty cool.

Daily Reinforcement

Every day you receive signals from your unconscious mind that play out and every day, you choose to confirm them . . . or NOT confirm them. Every day you wake up at your income level and it confirms your income level. So, if you're going to try to challenge that "evidence" in the outside world, then you need something that challenges it on a daily basis. You're going to slowly and gradually deliver different information to the unconscious mind. Your programming is like a bucket of water. That bucket is everything about you – all of your beliefs and ideas about yourself. You're going to drop one pebble in a day in the bucket until that water slowly pours out. That's the way real

change occurs. You don't even have to believe in this. You just have to understand that this is how the unconscious mind works.

Symbolic Language

For the Ten Minutes Before Bedtime experiment, I'm going to introduce the idea of Symbolic Language. This is the language of the unconscious mind. For this experiment, we're going to be using two symbols in particular – dollar signs and numbers. The dollar sign is a symbol of success and in addition, the unconscious mind understands the relationship of numbers. We're also going to briefly understand the idea of using pictures when we talk to our unconscious minds using our conscious minds. I'll explain more about this later.

Ideomotor Response – I don't want to throw too much at you in this one training, but briefly, I can tell you that one of the back doors into the unconscious mind is using an ideomotor response. There are many ideomotor responses, but the one we will use for Ten Minutes Before Bedtime is **handwriting**. Handwriting is what will deliver the symbolic language (and the new message) to the unconscious mind.

The Magic 30 Minutes – This is the 30 minutes before bedtime. This is when you will do your Ten Minutes Before Bedtime experiment. This time frame is important because anything you think about or write about or discuss during this time frame will go directly into the unconscious mind when you fall asleep. The idea is that you will be dropping this message into your pre-cognitive dreams on a daily basis. Hypnotherapists know that the big changes do not take place in their offices. They create the mental state, but the big changes take place two, three, or four days later while the client is asleep.

The Whole Recipe

In a nutshell, the whole recipe is delivering the symbolic language (with the new message) via the ideomotor response (handwriting) on a daily basis because we've come to know that if you change the signal, you change the result.

Now that you understand the recipe and why the Ten Minutes Before Bedtime experiment works, I'm going to give you the specifics on how to implement it.