

ABT Mod 01.09 – Winning Over Homeostasis

I wanted to jump in here with a few more words about homeostasis because you can't underestimate the power of it. The unconscious mind loves "knowns" and the unconscious mind is going to do whatever it takes to help you stay the same.

Doing the Ten Minutes Before Bedtime exercise is a great experience for anyone if for no other reason than to have you feel the full power of homeostasis ... the body's drive to stay the same. While it can be frustrating to experience when you are making change, take consolation in the fact that when you harness it's power on your behalf, you will be making permanent changes. After the change occurs and you move that bumper, now homeostasis is working on your behalf.

Becoming aware of homeostasis is the first step and so, therefore with the Ten Minutes Before Bedtime experiment, we're going to stay very aware of homeostasis. We're going to be making a change at the behavior level to some extent, but I am sharing this exercise with you because I have been doing it for several years now and I can tell you it works.

I want you to be successful with this exercise and so here are a couple of additional suggestions for winning over homeostasis.

- 1) Immediately start some mantras like this:
 - a. I'm so glad I learned about homeostasis because it's made it so easy for me to do my journal every night.
 - b. I'm so happy I can use my conscious thoughts to start a new habit.
 - c. It makes me feel so good that starting this new habit was so easy.
 - d. This is such a short exercise, it's made it really easy to do it every day.
- 2) Dedicate an exclusive notebook or journal to this experiment and keep it by the bed. Attach a pen to that notebook and under no circumstance should that pen ever leave that notebook for any reason. It should only be used for your Ten Minutes Before Bedtime journal.
- 3) Keep an extra notebook and pen under the first one. This way when you fill up the first notebook, there is no reason to go hunting around for another.
- 4) Time yourself doing this exercise at night. If you time yourself, you will see that it really doesn't take very long at all. In fact, you'll probably find that it doesn't even take ten minutes. I know many nights I complete this exercise in three

minutes. That's not to say that some nights you won't linger and when you first get started, it may take you a little longer because those juices aren't flowing yet. But after you do this, even a few days, you will see that it's really easy to do it quickly.

- 5) Do this exercise every night. Every night. If you turn off the light and lie down without doing this exercise, get up and do it. I am not kidding when I say it will only take you three minutes and you will be much happier you did. Doing it every night is what makes it a habit and helps you win over homeostasis for good.
- 6) Sit up when doing the exercise. Do not lie down. You may decide to keep your notebook and pen in the living room or another room and do the exercise in that room just before bed.
- 7) If it helps you to continue doing it, don't feel like you need to write in complete sentences. To be really candid, I'm not sure writing in complete sentences works better anyway. The mind thinks in pictures and so if writing the words "Flowers from my honey" triggers a positive picture of your appreciation for the flowers your partner gave you, then it's done the job. You don't need to over-think it too much. Even on the left hand side of the page, you don't need to write the words "Prosperity Events" in full. You can just write "P.E."
- 8) If you feel a lot of resistance to doing this exercise, then just make the commitment to doing part of it. Even opening your journal every night and writing the date and the dollar amount of your yearly (or monthly) income goal is enough. That act alone will help you to make change.