

THOUGHT DOWNLOAD

BECOMING AWARE

When you become the Watcher, or a student of yourself, you can understand the power of self coaching. You cannot be the Watcher of your thoughts and also be your thoughts at the same time. When you shine a light on the thoughts in your mind and step out of yourself, you can see that you are not what you do, what you think, or what you create as your results.

The part of you that is the Watcher is the part of you that is connected to all other human beings and all other energies. When you tap into the part of you that is not reacting to emotions, you have tapped into the part of you that is powerful beyond measure.

The power of this process is in first recognizing the thinking you may not be aware of and understanding how you are creating your own experience with your thinking.

After identifying the thoughts that aren't working, you can then consciously decide on your own terms what you will choose to think. All those negative thoughts created by that peanut-sized area in your brain are running around like wild animals and can be understood, acknowledged, corralled, released, and/or changed.

A great way to become more conscious, even before you understand the Model, is by doing thought downloads. A thought download is a five-minute writing assignment. You can download all your thoughts in general or write your thoughts about a specific problem. All you have to do is put pen to paper by free-writing one sentence after another.

Write for five minutes without stopping or editing. You might try to stop negative thinking as it appears, but this is a huge mistake. The purpose of a thought download isn't to stop your negative thoughts, but to get all of your thoughts out on paper. With 60,000 thoughts per day, and most of them unconscious, you will uncover dozens of negative thoughts. This doesn't mean that you aren't doing a good job in your life. It just means you are a human with a brain.

I like to think of this in relation to our homes. No matter how well you take care of your home, it still gets dirty. It needs cleaning. It doesn't matter how smart or refined it is, it still needs cleaning once a day and then deep cleaning once a week. That is exactly how our minds are. We need to keep an eye on them and try to keep them clean, and then every week, it's smart to bring someone in to help (a coach), if possible, to see what you can't see.

Here are the reasons to use this model daily:

- To feel better
- To create results
- To become conscious
- To think more deliberately
- To create/manifest what you want in your life
- To become aware of negative thinking and emotions
- To create positive thinking and emotions

