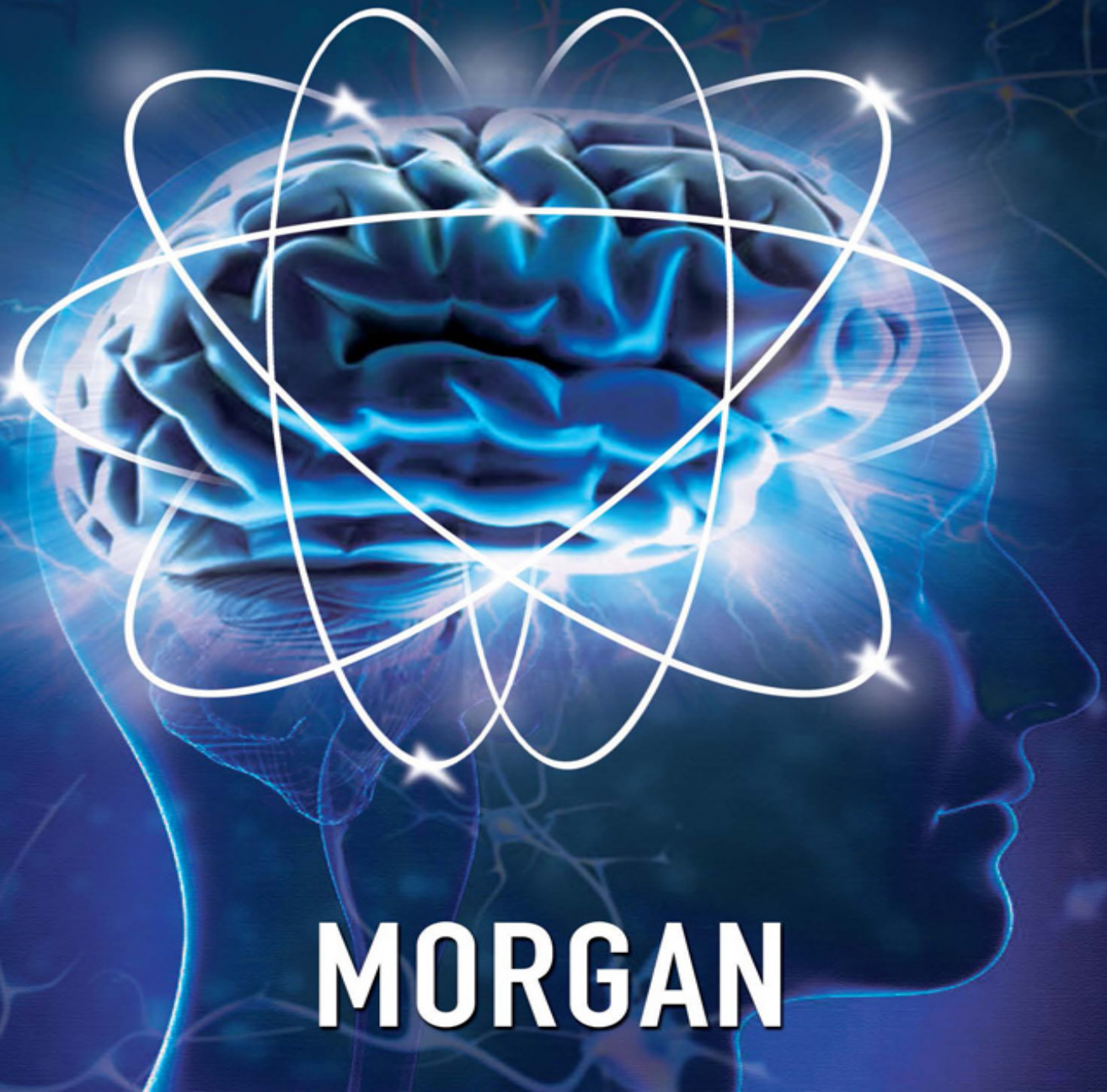
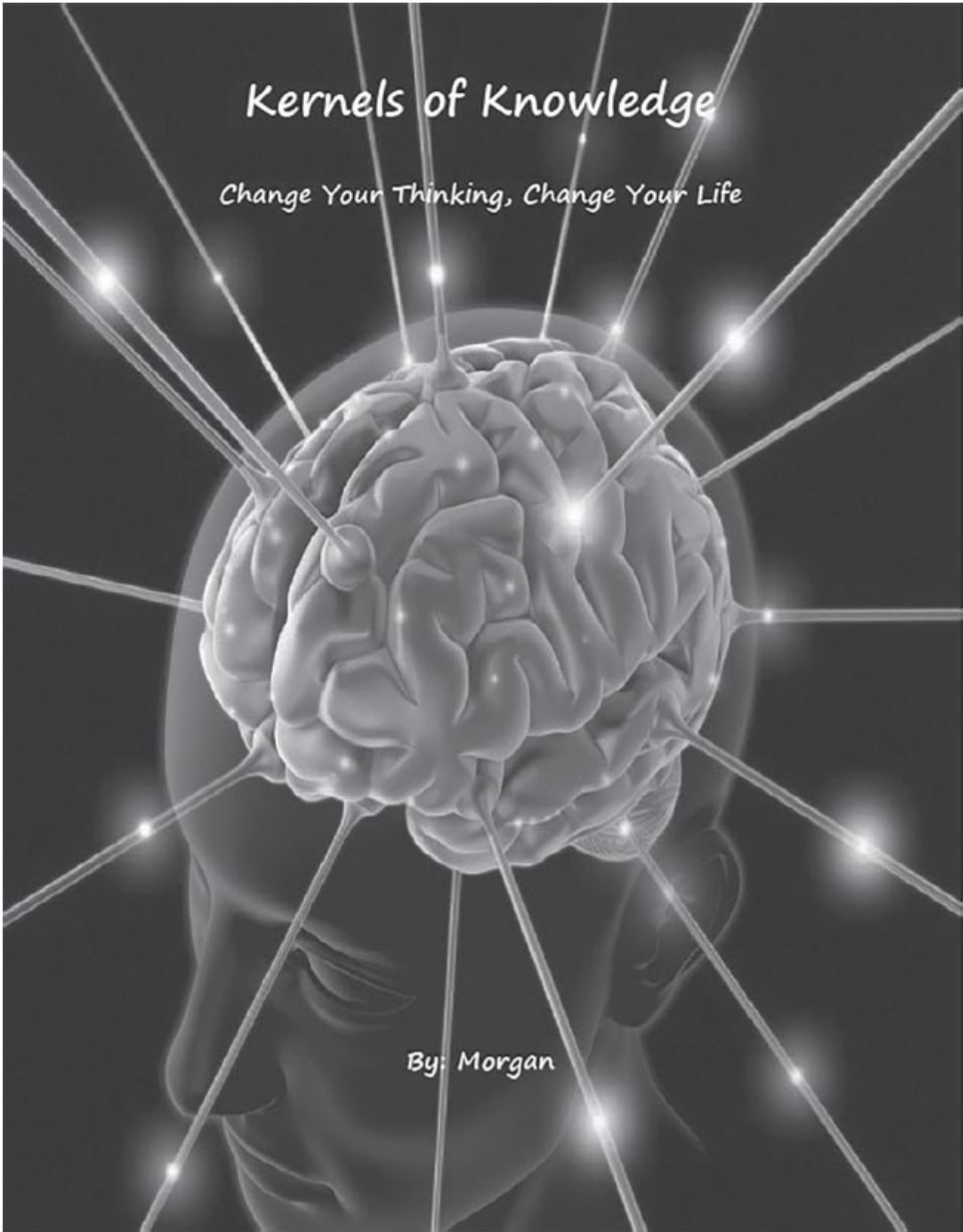


KERNELS OF KNOWLEDGE

Change your Thinking, Change your Life



MORGAN



Kernels of Knowledge

Change Your Thinking, Change Your Life

By: Morgan

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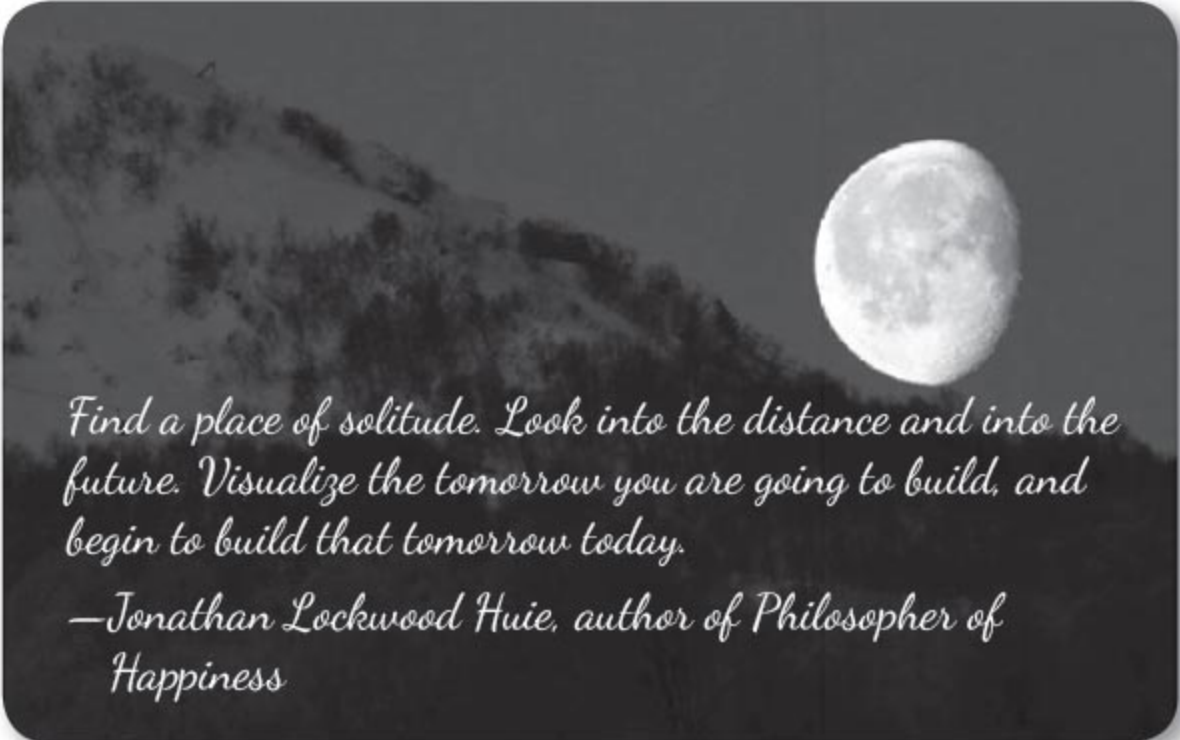
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Meetings with Myself

A FEW YEARS BACK, I created a self-evaluation system based on the following questions: “Where am I?” “Where do I want to go?” and “What do I have to do to get there?” Answer these three questions and dedicate yourself to the achievement of these goals, and you will be happy for the rest of your life.

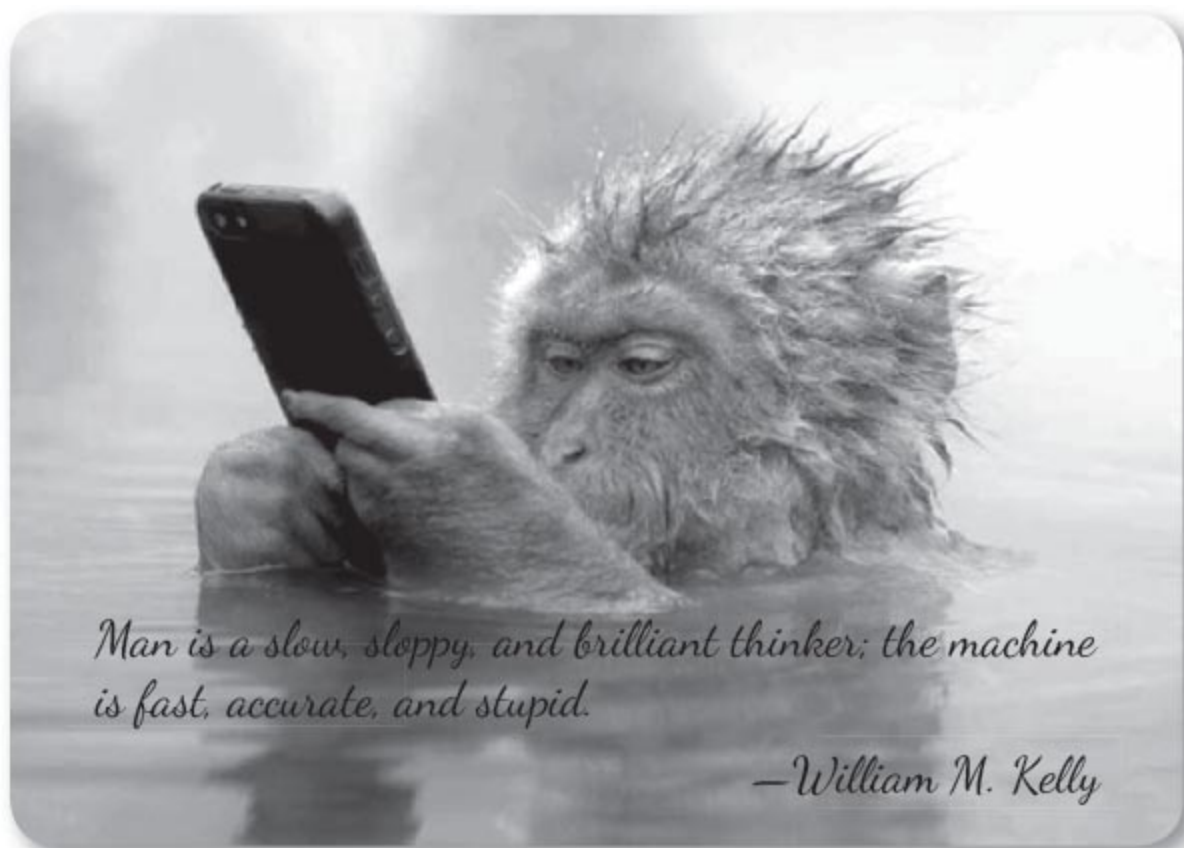
My “Meetings with Myself” were always interesting and entertaining; they allowed me to evaluate whether I was moving in the right direction. It’s one of those mind games that are best performed alone.



Find a place of solitude. Look into the distance and into the future. Visualize the tomorrow you are going to build, and begin to build that tomorrow today.

*—Jonathan Lockwood Huie, author of *Philosopher of Happiness**

You might want to sit in a yoga position, with legs crossed and palms open, and give in to the energy around you. Or you might want to do what I do—just relax, make yourself comfortable, and get ready for an enlightening journey. Turn off the computers and the iPhone, as you will be going to a place that they can never understand. Find a quiet place, relax, and take yourself into your fantasy world, surrounded with silence and peace, away from your chaotic life. Music is optional.



As Rhonda Byrne writes in her book *The Secret*, the law of attraction indicates you can control what you think and believe. I do not presume to understand how the mind works; however, if you are able to tap into this power of your inner thoughts and learn to control what you think, then you can better direct and control not only what happens in your life but also the results.

I'm not sure that "If I believe, if I just think it," it will magically happen—I'm just a kid from Ohio who used to play football. So when we start talking

about “visualizations,” “inner seeing,” and vibrations that are transferred into the atmosphere, I get a little lost. But what I do know and adamantly support is that if you believe in your thoughts and focus on those things you need to change, you can make it happen. If you can learn to control and formulate what you think in a logical sequence and transfer those thoughts into your dreams and actions, then anything is possible.

What we are today comes from our thoughts of yesterday, and our present thoughts build our lives of tomorrow.

—Buddha

This Meeting with Myself exercise is independent, unabashed, and uncensored. It has a few rules and boundaries that allow for truthful self-evaluation of where you are, where you want to go, and how best to achieve those goals. The entire process is designed around careful and creative thoughts and dreams.

You have the power to control your mind, to visualize, and to evaluate. This allows you to look inside your head and plant the seeds of thoughts and dreams that, when cultivated, can define, grow, and provide you direction.

The mind is a powerful ally of the brain. Your brain is your own built-in three-pound computer, made up of 100 billion neurons that regulates all physical aspects of your body—from heartbeat to blood pressure, from nerves to breathing, from taste to smell. Your *mind*, however, is not limited to physical functions; it also encompasses the emotional power within you.

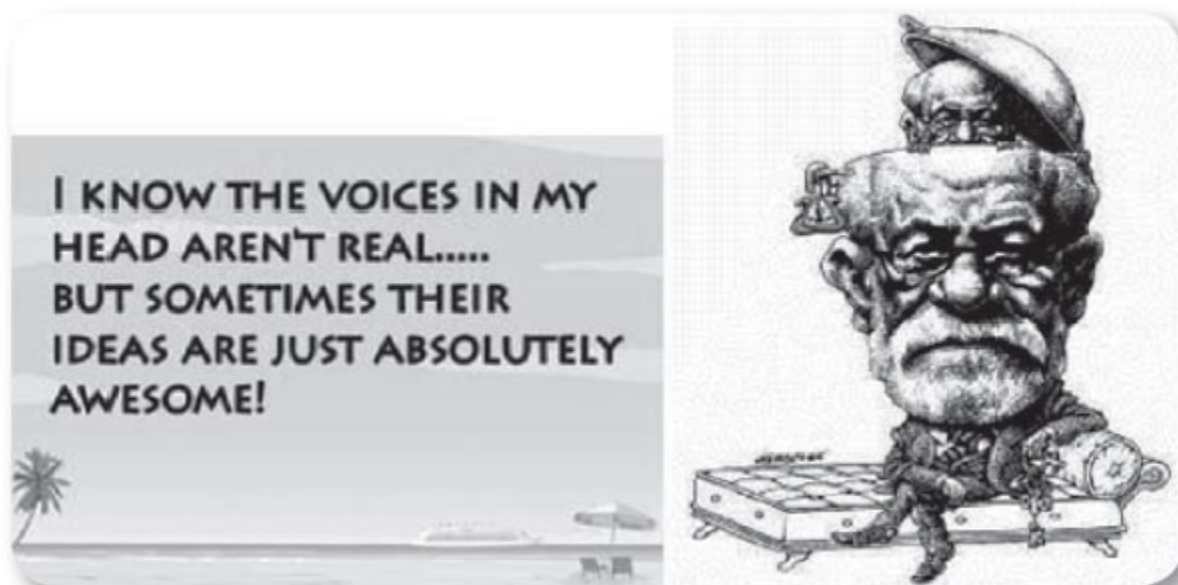
Dr. Daniel Siegel, a professor of psychiatry at UCLA School of Medicine, in his book, *Mindsight: The New Science of Personal Transformation*, identifies the relationship between our brains and our minds as a “powerful lens through which we can understand our inner lives with more clarity, integrate the brain, and enhance our relationships with others. Mindsight is a kind of focused attention that allows us to see the internal workings of our own minds. It helps us get ourselves off of the autopilot of ingrained behaviors and habitual responses. It lets us ‘name and tame’ the emotions we are experiencing, rather than being overwhelmed by them.”

Dr. Siegel dispels the notion of the old saying “Talking with yourself is OK so long as you don’t talk back.” You can call it whatever you want—

meditation, self-talk, or Meetings with Myself—but this all-important journey through your mind helps formulate your direction and crystallizes your plans.

He who knows others is wise; he who knows himself is enlightened.

—Lao Tzu, Chinese author



Psychologists indicate that talking with yourself is perfectly normal and can have a great deal of emotional benefit that contradicts the idea “What can we tell ourselves that we don’t already know?” It helps to focus and clarify your thoughts and evaluate and confirm your decisions. Dr. Charles Chio states in his article published in Live Science magazine, “Talking to Yourself may Boost Brainpower”, indicates that “Talking to yourself might not mean you are crazy—it can actually benefit thinking and perception.” It’s always beneficial to talk through your problem by having a serious dialogue with yourself in the privacy of your own mind, and be sure to consult with all of the voices in your head, your own mental board of directors—the dreamer, the accountant, the pessimist, the deal junkie, the marketing person, the lawyer, and whoever else has been invited to your meeting.

Your inner voice is subtle but grows stronger when you listen.

—Unknown

Your meetings have only a few rules:

1. Find a quiet place.
2. Do not allow any interruptions.
3. Take only brief notes to avoid disruptions of the creative process.

These conversations will be documented and incorporated into your game plan in chapter 2.

The sequence of the questions is important, as you need to know your starting point prior to attempting to establish where you want to go. You would think that determining “How do I get there?” would be the most difficult question; however, you will learn that “Where do I want to go?” actually requires the most imagination, is the most difficult to visualize, and is the most important to your success. It entails looking inside your soul to determine what you want to do when you grow up—a tall order. Growing up is when you take that first step into our new world and find out who you are, lose the illusions of youth, and discover the world of choices. There is no predetermined age that this miracle is discovered; it might be twenty or forty...or never.

When work, commitment, and pleasure all become one and you reach that deep well where passion lives, nothing is impossible.

—Anonymous

This exercise requires passion, assessment, and concentration, with a dash of realism. Once the “where” becomes evident, the “how” is easier to identify, schedule, and achieve.

If you don't know where you want to go, most any road will get you there.

—Lewis Carroll, English author of *Alice's Adventures in Wonderland*

WHERE AM I?

“Where am I?” generally takes the stage first. Evaluate each of the projects or relationships you are involved with, and recap the issues and decisions you’ve made, as well as any changes that you were required to implement. You must look in the mirror and deal with your current realities. The “Where am I?” agenda is a review of your current situation and entails more of an administrative review or highlight of the existing facts—what you have been able to accomplish and why, along with what your pending issues are and their current statuses.

WHERE DO I WANT TO GO?

The “Where do I want to go?” follows this evaluation. This is the most fun and also the most important of all your objectives. You need to realize that in order for this session to truly be productive, you need to tell the pessimist in you to sit down and shut up—he or she will never believe your dreams are possible. I also like to make sure the “deal junkie” is in attendance, as he or she believe you can fly. This is your time to dream, and in your dream world, you can achieve anything you can conceive. While the pessimist’s opinions are extremely important, he or she can rejoin you later and bring all his or her input in the “How do I get there?” session.

Vision is the art of seeing things invisible.

—Jonathan Swift, Anglo-Irish poet

It’s important to raise the bar, to dream, and to picture yourself living in the world you wish to build. There are no boundaries; you are limited only by your imagination. Your career, love life, car, house, or money—it’s all on the table. This session requires uninhibited imagination. In most cases, you might find that you hesitate to allow yourself to attempt to achieve your dreams and goals for fear of failure. You need to set those fears aside and just go for it!

It helps if you ask yourself where you want to be in one year, in five years, or even in ten years. It’s difficult to determine the answer to “Where do I want to go?” but it’s imperative that you do so. Evaluating the probabilities should be minimized, as you do not want to limit or

discourage, but rather set yourself free to dream the impossible. Those negative thoughts will destroy the continuity of this session and will be discussed later in detail during the “How do I get there?” session. Be crystal clear as to your vision, dedicate yourself, and have belief in your ability to achieve it. Deadlines, obstacles, and roadblocks to achievement will all be evaluated later. Now is your time to dream. And never, ever let your fears prevent you from living your dream life.

The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.

—Michelangelo

I recently read an interesting article called “The Second Wave of Transformation,” by John Mauldin. He outlines several compelling projections of how technology will change our lives in the next two decades, and we need to be aware of these changes and incorporate them into our future planning. One of Mr. Mauldin’s intriguing projections, which is near and dear to our hearts, states, “We won’t be physically immortal, but the things that kill most of us today will not be a problem. We will just get... older. And we will be able to repair a great deal of the damage from aging.” Scientists are even “starting to print 3-D human organs,” according to the article, and Mauldin also purports that “we will see more change in the next twenty years than we saw in the last one hundred!”

So the good news is that maybe—just maybe—you will live longer than you thought, but the bad news is that if you are not prepared, your financial world could be a disaster. As Michelangelo stated, “it might be better to aim too high and miss than aim too low and make it.” It’s important to keep this in mind and incorporate it into your “Where do I want to go?” and “How do I get there?” sessions.

We should also be aware that this session was researched by the “accountant.” He or she understands that in the 1960s, there were one hundred thousand millionaires. It has been projected, however, that by the mid-twenty-first century, all professionals will be millionaires, according to observations by Burleson Consulting (www.burlesonconsulting.com). The percentage of millionaires in the United States will have increased from 3

percent of the population in 2007 (nine million) to approximately 20 percent of the population by 2050 (seventy million). Now, a loaf of bread might cost twenty dollars in 2050, but what this tells you is that you might want to raise the bar, because your financial world is changing. You need to take these facts into consideration in your Meetings with Myself.

Your Meetings with Myself is not a one-time process, but rather a continual exercise that should be scheduled periodically. In most cases, “Where do I want to go?” has been discussed and established early on, in previous meetings, as this is essential to your direction and affects the establishment of directional task from the onset; however, these objectives need to be continually revisited and updated as required. But more importantly, you need to continually reinforce your dreams and constantly monitor your progress.

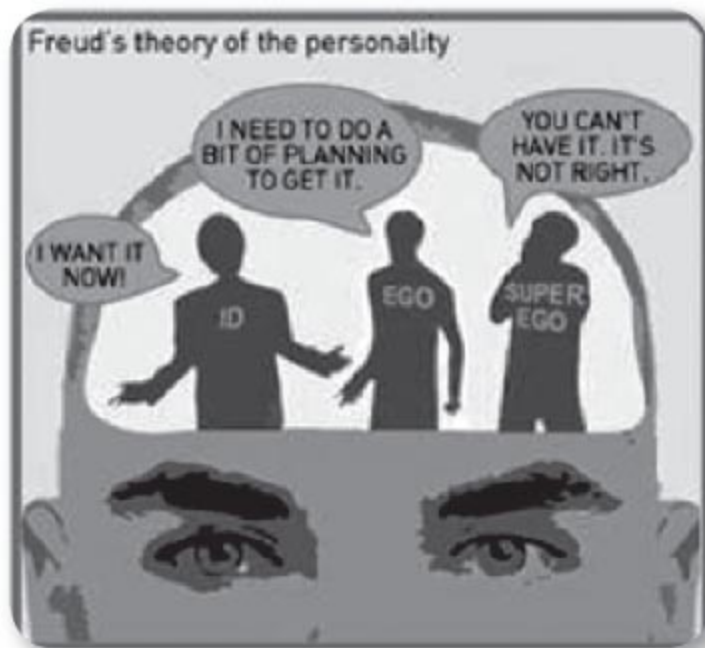
HOW DO I GET THERE?

Finally we have the all-important “How do I get there?” session. Occasionally, you’re required to make changes, and as author of your dream thoughts, you reserve the right and responsibility to initiate these adjustments as needed. Written synopsis, incorporated in the game plan in the next chapter, is essential, or you can get lost. The very acts of writing down your goal, formulating your plan, and transferring its steps to your to-do list embed in your mind the direction and guarantee the actions required to keep you on track to accomplish your goals.

You don’t make decisions in a vacuum; they require input from those internal and external experts who have dealt with the issues, those who know the people and problems and deal with them every day. Healthy conflicts are inevitable—say, between the ego person in you, who wants to buy that big house, and the accountant in you, who says, “You’re an idiot” (those unabashed, uncensored discussions we have within our minds).

Now, it’s true you are talking with yourself—and some may view this as being a little crazy—but within us all, we have those bits of expertise that we call upon periodically when evaluating how we need to get where we want to go. For example, depending on the problem you are evaluating, you might recall the experience of the marketing person or the lawyer or the one I hate

—the accountant—for inspiration prior to making decisions and formulating your plan.



Now, you may think this self-talk is a little crazy—and maybe it is, but you need to remember there is a thin line between brilliance and insanity.

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