



FIVE KEYS TO FREEDOM[©]

Freedom from Unwanted
Habits, Thoughts,
Attitudes, and Behaviors!

Unlock Lasting Change!

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Who Are You Really Meant To Be?

- Are you in control of most areas in your life except...your weight?
- Are you a smoker filled with self-loathing from all the broken promises to quit the habit?
- Is your slender figure the envy of friends, yet you sneak to the bathroom to disgorge the food you just ate?
- Do you have as many skills as your competition but just can't close the sale?
- Do you enhance events in your life to appear more competent and exciting than you feel yourself to be? Who is the authentic person you are truly meant to be?
- Do you expansively pick up the tab for dinner or drinks with friends, sick with dread your credit card will be denied? Who are you really meant to be?
- Are you living in a cycle of affairs or promiscuity, seeking novelty, or approval each new lover's eyes? Is this who you are meant to be?
- Or, do you feel a bit guilty because overall you really have a pretty good life that others wish to attain, yet you wake each day to a sense of dullness and lethargy? Who are you meant to be?
- Perhaps you are the one who scans this program and says, "Well, thank goodness none of this applies to me!"

Then what about this title caught your attention?

Who are YOU really meant to be?

FIVE KEYS TO FREEDOM

Five Keys to Freedom provides uncomplicated ways to train your hidden brain to unlock the secrets of your inborn ability to create lasting relief and permanent release from unwanted lifestyle habits, thoughts, attitudes, and behaviors.

Each Freedom Key provides specific steps to unleash the power of your hidden brain to create confident self-management so that you can finally be who you are really meant to be!

Master Key Freedom Phrases

Be Aware To Prepare and Decide.

Affirm with Action to Proceed.

Believe To Achieve then Succeed.

The Five Keys Method - What It Is and What It Isn't

Five Keys to Freedom is not a rah-rah guide to self-improvement. It isn't a rescue boat that will speed you away from all trials or troubles, nor is it a fix for psychological issues best left to professional therapy. Instead, the Five Keys to Freedom is for those of us who battle the ordinary frustrations of lifestyle habits that keep us tied to endless cycles of broken promises and self-sabotage that leave us puzzled as to why we can be so competent in some areas of our lives and so helpless for self-control in other areas!

Five Keys to Freedom provides a guide for self –influence so that you may live with confidence knowing you have the ability to sail the storms of life without losing control to old self-destructive habits, attitudes, or cycles of behaviors.

Habits that have been preventing you from living life as the person you know in your heart you are truly meant to be.

It doesn't matter if you began life's journey in a solid ship well built by competent caretakers and lovingly stocked with all the tools and confidence necessary to weather life's storms, or whether you were roughly shoved into the waters of life without so much as a paddle and left alone to figure out how to sail your poorly built ship.

However your journey began, for one or many reasons, somewhere along the way, you lost the chart of how to sail your own ship. The waters of your life have become turbulent with repeated mistakes and the failures of too many quick fixes that have left your ship cracked with regrets and creaking with self-doubt. Some days you feel in danger of breaking apart and wonder why you can't seem to find anything to hold it together.

You won't get a life ring of quick fixes - you have been there and done that enough times to know that broken doesn't mend quickly, and freedom doesn't happen overnight. What you will get with Five Keys for Freedom is a chart to get your personal ship back on course, to confidently set sail; to stay strong and even keeled, even if your ship is cracked and patched.

You Are an Extraordinary Seeker of Self Improvement

Five Keys to Freedom is not an ordinary guide for self-improvement and you are not an ordinary seeker of self-knowledge. Five Keys to Freedom is unordinary in that it doesn't utilize pills, products, equipment, other external aids, or methods as the source for change.

You are an extraordinary seeker for self- improvement in that you have a dawning realization that it's not the methods for change that you've tried which can't or won't work, as much as that you simply don't know how to empower your mind to make them work. Oh yes, you are extraordinary in this realization.

Hey, it's not as if you are down and out and so far gone with a negative lifestyle that you need serious professional therapy and heavy medications. (And if you suspect you are, return this guide for a full refund because it's not intended for such).

No, you are well adjusted and competent in most areas of your life. But....but you have one or more niggling bad habits or this particular cycle of negative behavior or this

persistent bad attitude about life that you can't seem to conquer no matter what pill, potion, or latest craze you try. And you've tried most all of them and spent a lot of money for the trying, haven't you!

Are You Willing?

A sizeable body of neuroscience research exploring the mind-body connection, carried on in prestigious scientific institutions around the world, shows that our inner thoughts affect every aspect of our daily lives; perhaps even those around us. This evidence suggests that human thoughts and intentions have the astonishing power to manifest change in physical form. Every thought we have is a tangible energy with the power to transform. A thought is not a concept; a thought is a tangible energy with the power to shape and mold beyond consciousness. Imagine what and how you will transform with this knowledge about yourself!

Your journey to freedom begins with a willingness to be open not only to the conventionally accepted world view of classical physics – the science of the big visible world – but also to the view of quantum physics; the science of the unseen.

Your journey begins with a willingness to suspend any preconceptions you may have about the ability of your mind to physically influence your body; a willingness to listen to an inner wisdom that is your birthright for self-correction and healing. It begins with the willingness to consider the powerful ability of thoughts and intentions to shape and mold our daily lives.

It truly does not matter what it is about your lifestyle that you want or need to change – over eating, procrastination, overspending, more exercise, reduce situational stress, or anxieties, stop smoking, change behaviors or attitudes.

The concepts contained within this guide provide you with the keys to unlock the slumbering powers that have perhaps until now, lay hidden behind doors of self-doubt, defeat, or disbelief; keys to freedom from the negative emotional, associative and physical lifestyle habits, attitudes and behaviors that have kept you a prisoner of your own making.

Let your journey begin!

Overview of the Five Keys to Freedom Method

Preparation for Freedom Key Tools

Write it Down to Make it Happen

Understanding Your Two Minds

Your Busy Brain - The Conscious Mind

Your Mystery Mind - The Subconscious Mind

Breathing to Connect Your Two Minds

Internal Committee Meeting - Your Internal CEO

Freedom Key One – Prepare

- Mind/Body preparation for mindful change
- Gain the cooperation of all your parts -mind, body and spirit - to work as a united team to easily achieve your goal.

Freedom Key Two – Be Aware

- Dismiss distractions with mindfulness
- Refocus, avert sabotage with a simple breath

Freedom Key Three – Active Action

- Recognize and eliminate procrastination
- Train your brain to be resilient and mentally tough, even when the going gets rough.

Freedom Key Four – Believe to Achieve

- Powerful placebos of thought
- Authentic self-belief

Freedom Key Five – The Whole Key Ring

- Using the whole key ring
- Put it all together

Preparation Freedom Key Tools

Prepare to Prepare

While the **Five Keys to Freedom** method provides easy ways to condition your mind to accept what it is about your life that you want to change, it isn't for the impulse buyer of quick fixes. The habits, attitudes, and behaviors that you want to change didn't become habits over-night. Research shows it takes at least 30 to 90 days to develop some habits such as smoking and often takes years to develop patterns of behaviors or attitudes.

Quick fixes sell products and fads, but rarely create change that stands the test of time. Plan on a minimum of 30 days for the concepts contained within The Five Keys to be accepted as the "new normal and status quo" in your mind and body. You may or may not be at a place in your life to incorporate all of the keys. That's okay, even the action of reading about the Five Keys creates a response in your mind and body that grows stronger with each reading.

Preparation for Freedom Key Tool:

Write It Down to Make it Happen

Whether you complete all the keys in 30 days or in 30 months matters less than if you don't begin at all. What is important is that each time you incorporate a key into your life, do the following actions first:

- Purchase a brand new calendar and journal or notebook.
- Choose the date you have chosen to begin the preparations for your journey to freedom and circle it in a bright marker.
- Count 30 days from this start date and mark the 30th day in a color or manner that symbolizes Freedom to you.
- Think ahead what you have in the way of obligations and plans for the next 30 days

- Say no to extra projects, over-time, visits, parties or anything else that you know could create extra stress or temptations during your days of mental and physical preparation.
- On your calendar note the days that events cannot be avoided or easily changed such weddings, graduations, work deadlines or other events that are out of your ordinary routine or that you know from experience can create extra stress – both negative and positive!

The act of noting these days creates an awareness in your mind that will be important as you progress through the keys.

Preparation for Freedom Key Tool: You Have Two Minds!

Understand all the Parts of Your Mind

Exactly how much power do we have to shape and mold our daily lives? From the plethora of therapies and self-help aids that are on the market, it would appear that we have very little. We certainly put a lot of thought –and money - into the latest fads that promise to change whatever it is about ourselves that we don't like. Does it cross our minds to be aware of how we got those habits, attitudes and behaviors in the first place?

Did we map out a plan to begin smoking? Did we join a club to become unfit and fat? Did we buy a guide on how to lose confidence and self –esteem? Did we take a pill to help us form negative thoughts and develop destructive behaviors?

Would it surprise you to know that your present habits, attitudes and behaviors were created in and by a form of hypnosis that you do pretty much on a daily basis? Now, you may say, “Nope, not me, not possible and besides I don't believe in that stuff!”

Well, if you have a morning routine that you can do while talking on the phone, making breakfast, laying out the kid's clothes and getting dressed, or if you can make the drive to work while planning a meeting in your head and talking on your cell phone without actually having to think about the route, you have indeed experienced waking hypnosis.

Do you smoke, over eat, drink to excess or procrastinate? Whatever is your current lifestyle and daily habits, you soothed your mind with a form of waking hypnosis into

accepting the actions of your habit to a point where you no longer had to consciously think about the specific actions of the habit – you could do them without conscious thought.

And that's just the way the minds of our mind - conscious and subconscious like us to go about our days – on automatic pilot without either mind having to be aware or communicate with the other beyond what is necessary to stay alive. Why is that you ask? Good question and the answer lies in gaining an understanding of just what is going on in the minds of your mind.

Most of us like to think that we are in at least moderate control of our lives. Most of us tend to believe the reasons we make the decisions that we do are based on our ability to make logical and rational choices. But if that is the case, you wonder, “Why I am in such a mess?” “Why do I feel so out of control?”

Would it surprise you to know that where you now find yourself in life, perhaps the very reasons that you have chosen to read this book, is because that most decisions, big and small, are first motivated by a part of your mind that, at any given moment can react with the logic of a two year old poised for a full blown tantrum? Even if it doesn't surprise you, then it may well explain a few things!

How does that work? Like this: You have reached your breaking point – maybe the lowest point in your life. Once again, perhaps sobbing with self-loathing you promise yourself, “This time I am going to change. Nothing is going to stop me.”

I am going to quit smoking.....stop drinking.....lose a 100 pounds.....stop procrastinating.....quit losing my temper.....start exercising.....get out of debt.....seek a stable relationship.....stand up for myself.....leave for good.....(insert your own broken promise!)

Yes, this time you really mean it – with every fiber in your body, you mean it!!

So you ...Shred every last cigarette.....throw out the junk food....buy a plannertalk with your minister (again).....seek counseling (again).....join a gym (again)....cut up the

credit cards.....pack your bags.....break it off for good (again).....get a lawyer...(insert your own!)

Yes, this time you really mean it. Your resolve is strong - there is no going back.

And for a day or week, a month, even six months, or a year you do stay strong. And then, for no sane reason that you can fathom you:

Light the cigarette.....answer his text.....eat the whole bag.....go on a buying spree.....stick your finger down your throat.....take a drink and then two mor.....scream abuse and slap the kid.....

Sound familiar?

To stop the physical actions of a habit is fairly easily done. To make the mental decision to stop a behavior is after all, easily said. After the decision is made, after you have stopped the physical actions, what is left are the associative and emotional triggers that lurk along neural pathways in your brain; pathways that were created specifically for and by the very things you want to leave behind forever.

Emotional and associative triggers cause quite a raucous in your subconscious. These triggers activate a part of the subconscious that operates with the emotional reactions of a two-year old like this: Imagine now that you are a smoker and you are determined to become a nonsmoker.

(If you are actually a smoker, you might want to read this part more than once)!

It's the morning of your first day as a non-smoker. You wake up and reach for your cigarettes and a sinking feeling hits your stomach as your fingers clutch air.

Or, you sit down to drink that first cup of coffee and your fingers feel empty as if a loved one is missing. The neural pathway inside your brain that linked morning/coffee/cigarette begins sending out increasingly desperate signals trying to locate the missing link.

Those signals, left unanswered, soon trigger an all-out tantrum - "I want that link and I want it NOW".

Your subconscious becomes increasingly out of control, kicking and screaming like a two year old in a full blown tantrum, until you can feel your heart pounding and fingers shaking. (We've all experienced or witnessed how quickly a child's tantrum can wear down even the calmest of parents)!

All that subconscious whining and screaming causes your stress hormone levels to rise, your muscles to tense, your breathing to become more shallow. These "flight or fight" symptoms signal the primitive part of your subconscious to go into high alert. Rising stress levels mean danger - death!

The adult part of your subconscious that is responsible for your health and well-being then bangs on the door to the operator in charge of your subconscious. "Hey, you idiot, find out what (habit) shuts that brat up and make these stress hormone levels go down, do you want us all to die!"

The subconscious operator rapidly searches for the file (habit) that has always worked in these situations. "Whew, there it is, the smoking file—WHAT!!!! It's been blocked by that idiot willpower!"

Now every part of your subconscious is in high gear—the operator fidgets faster and faster trying to find a way to unblock the smoking file. The primitive part gets increasingly agitated, certain that death is imminent without the "pleasure" of smoking and the two year old living in your mind gets right down ugly!

Before long standing patterns of behavior, or for that matter any long standing beliefs, thoughts or attitude can be permanently changed, it is critical to understand, as best as current medical and psychological research can prove, the process by which your mind worked to create the life that you now live.

Preparation for Freedom Key Tool: The Conscious Mind

Why You Have 'Busy Brain'

The conscious mind is our analogous to our day time jobs. It works the shift of our waking hours. The conscious mind has the ability for critical thinking skills such judgment, logic and analytical processes to make the hundreds of decisions large and minute that make up a typical day in our lives. These abilities of our conscious mind are not innate at birth, but developed in stages as we grew from infancy to adulthood.

Because conscious mind processes require learning, it is often called the evolved or higher brain as opposed to the abilities of the so termed 'lower or hidden brain' – the sub-conscious'– that are present and fully functioning at birth.

Our conscious mind is the supplier of willpower from which we draw to keep us disciplined to complete our daily routines and whatever short term goals we need to accomplish. Our conscious mind is our public face so to speak; the persona that we want others to see and believe about us. It allows us to smile politely when we feel like snarling, to pretend that we are satisfied with eating only a couple of chips when in reality we want and could eat the whole bag.

The conscious mind is an infamous multi-tasker. Even as we focus on the details of our daily work and lives, it is busy processing about 4 billion bits of incoming information that bombard our senses from multiple sources.

It operates at nano speeds analyzing and sorting all this incoming data into what can be ignored, what needs immediate attention, what to keep in temporary files and what needs to be sent to our long term storage called memories for instant recall when necessary.

With all this activity, the conscious mind needs to take breaks through its workday; we refer to these breaks in conscious awareness as daydreaming, or being lost in thought. The conscious mind also requires a substantial number of hours to shut down to recharge in order to operate efficiently.

Preparation for Freedom Key Tool: The Subconscious Mind

Understand Your Mystery Brain

Your subconscious mind operates 24/7 with no need for breaks or down time. Your subconscious takes care of the automatic functions that keep you alive without conscious awareness, such as breathing or heart rate and is constantly monitoring the myriad of chemical functions necessary to keep us alive. It houses one of the most primitive and powerful parts of our brain called the amygdala.

The amygdala has one function and one function only; to move us away from what it perceives as danger and toward whatever it is that it perceives as life-giving – pleasure.

While we are born with innate instincts for survival that originate from the amygdala, the experiences we have from birth on, whatever feelings, emotions, ideas, concepts or actions that are repeated to us or experienced by us on a consistent basis get tagged by the amygdala as either dangerous – life-threatening – or pleasurable – life-giving.

So that whatever is considered pleasurable and life-giving to your subconscious may indeed be viewed as an extreme threat by another person's subconscious.

One of the more curious and difficult concepts to grasp with conscious logic is that the subconscious literally has no ability for logic or literal reactions and responses to primitive priming.

For example, the subconscious of a child who is repeatedly slapped will have an adult, the unconscious instinct to wince at the sight of a swiftly rising hand and they may instinctively have negative responses to others who gesture widely.

The child whose only experience with a quickly outstretched hand is that of loving caresses will instinctively react much differently throughout life to the sudden appearance of an outstretched hand.

The amygdala of a smoker has been trained by repeated experience that the actions of smoking along with the chemicals associated with nicotine are pleasurable and therefore life-giving. This sheds light on why it is so difficult to stop smoking.

The subconscious responds and reacts a nano to 4 seconds quicker than the conscious mind, therefore it relies on a network of neural pathways for instant recall of data to

help it form swift actions and reactions. We like to think we run our lives by our conscious logical and rational mind, in reality we live mostly as a reaction emotion that is swiftly rationalized by our conscious mind.

In order to have such swift response, the subconscious mind relies on habits. It perceives our habits as life giving and any change to our established habits and belief a dangerous threat. Even if the habit is not emotionally or physically healthy, try changing those habits and your subconscious screams “KILLER”.

It has no capacity for judging if our deeply ingrained habits, beliefs, or attitudes are right or wrong, healthy or unhealthy – it doesn’t care. All it knows is that if you have consciously repeated or experienced an action, attitude, or belief often enough it will perceive it as life giving and will powerfully and mightily resist any and all of your conscious willpower to change it.

The only way to create successful changes to your habits is to get the conscious and subconscious minds communicating effectively and consistently and on the same page. This is not an easy task because beyond what is necessary for normal function the minds of your mind much prefer to ignore one another. After all if your subconscious actually paid attention and tried to follow the direction of all the momentary promises and intentions of our conscious minds, it would surely crash and burn.

To have the conscious mind actually pay attention to what is happening in your subconscious creates a sense of anxiety and unease because the subconscious knows that if the conscious mind is aware there’s change coming. Oh how the subconscious hates change. It will find any means necessary to distract your conscious attention and intentions so that it can quickly return to old and familiar routines and habits.

The **Five Keys to Freedom** method allows a smooth transition for transformation and change. It allows consistent communication between your conscious and subconscious minds in manner that is non-threatening and believable to the amygdala of your subconscious – the only part of your brain that allows lasting changes to be made in your deeply ingrained habits, thoughts, ideas or beliefs.

Preparation for Freedom Key Tool: Breathing

Easy Way to Connect Your Two Minds

Breathing is the easiest and most natural way to begin effective connection and communication between your conscious and subconscious mind. Follow this exercise:

- Sit upright, feet on the floor, feet and legs uncrossed and hands unclasped.
- Inhale slowly and pull in your abdominal muscles making them tighten slightly to replicate what the stress response feels like in your body.
- Exhale through your open mouth and allow your abdominal muscles to relax which trains your body to immediately release at the first sign of tension or distraction.
- As you exhale forcibly through your open mouth listen to the swooshing sound and allow the thought, feeling or idea of sinking, drifting or floating down into the chair.
- Inhale in through your nose and while holding your chin level, roll your eyes up as far as possible. Hold for a moment, then exhale slowly and completely as you allow your eyes to roll down and forward as if looking inward.
- In a manner comfortable to you, imagine, think or feel a profound level of relaxation spread over your forehead, your eyes, your scalp, your jaw becomes loose and relaxed.
- Once again, inhale and look up as far as possible while keeping your chin level, the attempt to roll your eyes up until you feel a slight strain, but do not raise your chin or head. And again, exhale completely and allow your eyes to roll down and forward as if looking inward.
- Once more inhale, roll eyes up and hold then exhale completely and allow eyes to roll down and forward as if looking inward toward your heart.

Preparation for Freedom Key Tool:

Hold an Internal Committee Meeting with Your Internal CEO

To create any deep and lasting change in a habit, an attitude, or behavior, you must show up as the chairperson and leader of your life to connect all parts of you; your conscious and subconscious mind, your chemical body, and your emotional spirit and bring them together as an effective team.

Your Internal Committee Meeting

After breathing to connect your mind and body, you may either read the agreements of your internal committee meeting silently or out loud to yourself. Or you may have someone with whom you feel comfortable and safe read the agreements to you.

If you have purchased the CD version of The Five Keys to Freedom, you may simply listen as you relax down deeply in your chair. After reading or listening to the committee agreements, immediately write in your journal or notebook the thoughts, ideas, and answers that result from your meeting. Each time this internal meeting is repeated your subconscious mind responds more favorably and you will notice an ever increasing level of confidence and internal strength and resolve.

Internal Committee Agreements

Look inward to every part of you; your worrying mind; your wanting mind, the part of you that says you have to, you need to, you should. Only this time you are the chairperson, you are the leader you will make the decisions the choices that guide your life, in fact you are letting them know, "I have finally shown up".

You may want to apologize to aspects of you that have been running your life You might also let them know that they no longer need to work alone, you can say, "this is my life", and I would like your cooperation in becoming the person that you know, that I know that we know that I am meant to be.

Living each day in every way more fully; using more of my talents, more of my brain cell power, more energy, optimism and commitment. We need to become the united team,

every part doing its part doing its part cooperating, contributing to my goals and intentions.

I take responsibility for my choices and decisions. Regardless of what happens, I will not make you feel bad. Regardless of what happens, you have worth with me. I will not allow any event or any person to judge your worth.

I am showing up as the chairperson, as the leader that is creating a harmonious team, all of us focused on a common objective, of health, exercise, eating properly, doing work projects in a timely efficient and positive manner, making things more joyful, more passionate, more focused.

In fact, working easier while accomplishing twice as much because we are focused and there is no need for sabotage, no need for ambivalence or procrastination. I will choose what to do. I take responsibility, if there is a mistake or failure I will live with it. I will not make you feel bad, I can face it, I am strong enough as a person to face mistakes or failures. It will not stop us.

Take a moment now to listen to every part of you, as if you are looking around the table at your internal committee. Pay particular attention to the 'what ifs', the worrying mind- it has a protective role. It's asking you what is the plan for survival if this happens?

Answer the what ifs, in fact you may want to write down all the what ifs so you know what you will do specifically and you will know generically that you can say, regardless of what happens, your worth is safe with me.

Notice any part of you that needs attention; notice any part that needs answers from you. For example, the part that says, "But I don't want to." "Why do I have to?"

That part of you needs an answer. One answer is, "Yes, there are things that you want that I can choose to have now, or we can choose to delay."

I live my life now from choice. I don't have to want it. I don't have to do it. I accept the consequences. I am the leader. I am the mature self. I have a commitment to reality. I

have a commitment to inner peace. I have commitment to our higher values, our higher goals.

Take a moment to be with every part of you; every part of you relaxing, now that you have shown up as the chairperson of your inner committee. And then when you are ready, take three breaths counting from three to one with each breath, connected to this chair, this floor, this earth.

When you are ready, open your eyes, adequately alert from the neck up, your body comfortably supported, connected to the chair, the earth and your deeper inner resources.

Your Preparations for Freedom are Now Complete Let Freedom Begin!

Freedom Key Number One – Mindful and Aware Easy Way to Banish Distractions

Your subconscious delights in your moments of distraction. It utilizes any means possible to disguise distraction with seeming logic. It's in those moments of subconscious sabotage that your fingers find a cigarette, you buy the candy bar, eat the whole bag, scream at the kids, whipped out the credit card, spend hours online, order another drink, roll over and hit the snooze button of avoidance.

Most of us go through our days without much mental mindfulness of our present moments or with very little in the way of mental coherence in our thoughts. We typically go through our days immersed in a riot of fragmentary internal chatter fretting about the past or the future while going through the motions of the present on auto pilot.

It is our willingness to participate in this useless internal chatter that prevents us from being fully focused in the present, the only time in which we are truly in mastery of the minds of our mind. Focusing on the past and fretting about the future allows just the sort of distraction that the subconscious loves.

It is precisely in the distracted moments of internal chatter, that the subconscious can quickly ease us back into the routines of old habits, thoughts and attitudes and then quickly blames it on a conscious lack of will power.

Keeping the conscious mind distracted allows the conscious mind to operate on remote control, utilizing well- worn neural pathways of repetition that doesn't require monitoring. Keeping the conscious mind fully focused and aware of the present moment requires the Sub-conscious mind to be on alert for 'new' – oh how it hates to be forced to focus and oh how it loves distraction.

Learning how to shut down internal chatter requires the ability to gather your attention and focus to the present moment to avoid distraction. Distraction is a favorite 'trick' of the subconscious to avoid dealing with uncomfortable emotions, situations or unpleasant tasks. As well, your subconscious loves to use distraction to bypass your commitment for change. If your conscious mind is distracted from awareness, then your Sub-conscious can quickly bypass the roadblocks placed by your conscious commitment in the neural pathways for negative thoughts, attitudes, actions or behaviors.

Unless you've had a committee meeting to gain the committed cooperation of both your minds to be mindfully aware, then in the moments of distraction, your subconscious gleefully speeds right back to the old well- worn and easy neural pathways of your old habits. Before your conscious mind registers awareness, before you have "come back" so to speak, you've smoked the cigarette, taken that drink, spent the money, eaten the whole pie, called yourself ugly names, lost control.....you get the picture.

It is vital that you distinguish being mindfully aware from mere concentration. The most important difference is experiencing what is with all senses and without an emotional judgment or the narrow focus of a state of concentration. Awareness is being fully present in the moment without coloring it as something that is good or bad, right or wrong, or as something that is happening to you. Concentration requires a narrow focus that blocks or numbs awareness of what is happening in and around you.

Focused concentration can be a form of distraction for the subconscious. An example is being so engrossed in a good movie or book that you mindlessly eat a whole bag of chips without being aware on a conscious level of having done so. Being aware is policing your states of concentration so that you experience both the pleasurable engagement of the book or movie AND the chips. It is a bit like being a benevolent parent to your mind-selecting what it will focus on and leading it back when it strays. An easy way to harness your mind to the present is breathe to awareness – to “come back into your body” so to speak.

Freedom Key Number Two – Breathe to Awareness

Easy Way to Focus

This key for awareness allows you to easily and quickly breathe to focus, fully aware with all senses in the present moment. This key allows you to let go of images and thoughts from the past, let go of what has yet to be – the imagined future and choose to be fully aware in the present moment, the present decision, the present emotion, urge, impulse or excuse.

Repeat the following steps for breathing to awareness until you can do the entire sequence comfortably. You may have someone with whom you feel comfortable read the breathing sequence as you listen with eyes closed. If you have purchased the CD of these keys, simply listen as you relax down deeply in your chair. Each time you repeat this tool your body responds more readily.

Begin this freedom key for breathing to awareness in the following manner:

- Sit upright with your feet on the floor.
- Close your eyes and mentally scan your body from head to toe, noting any areas of tension. Notice in particular your jaw, shoulders, neck and lower back. Just notice.
- Now inhale deeply through your nose and as you exhale slowly, once again mentally scan your body from head to toe, releasing the areas of tension you noticed before, allowing the tension to release as you exhale with an open mouth.

- Breath normally now.

For the next minute, practice awareness breathing in three parts:

- Part One: Inhale slowly through your nose.
- Part Two: Hold your breath for a moment as you tighten your navel inward and backward toward your spine.
- Part Three: Exhale slowly allowing yourself to relax into the chair.

Now inhale, hold and tighten and exhale allowing your physical body to sink down deeply, the sensation, thought or idea of floating down into the chair, the floor.

You may now breath normally, realizing that the chair and the floor represent the support of your body, subconscious mind and the support of the outside, so that you as a consciousness, you as an identity are not alone.

You are in fact, connecting with deep inner resources that go far beyond your conscious thinking, your conscious effort. Far beyond abilities you hold at a conscious level.

- Now, inhale, hold and tighten and now exhale away all thoughts, images from the past.
- Exhale away all thoughts and images about old emotional psychological issues from the past. You are going to exhale and recycle any energy that is stuck in regrets or anger from the past.
- Now once again, inhale, tighten and hold for just a moment and then slowly exhale away thoughts and images of issues in the so called future, free from thoughts and images of issues about tomorrow, next week, next month, next year.
- Again, inhale, pull your navel to your spine, tighten and exhale completely, free your mind and body of all thoughts, images of issues in the future. Now, bring your mind in from the future, bring your mind in from the past and prepare for three more breaths. Inhale and hold, pulling your navel to your spine and exhale floating down into the present moment telling your mind and body, “I choose to be here in the present moment”.

“If life is like a box of chocolates, then it’s all about how you eat that chocolate. You can mindlessly eat the entire box, but then what? Can you even remember the taste, the flavors? And why do you crave a different box? Or, you can be mindfully aware of each piece, savoring nuances of flavor, shape and smell so that it all lingers long after you finish the last sweet bite, fully satisfied and content with the box you’ve been given”. The Maven

Freedom Key Number Three – Active Action

Easy Way to Create Active Actions

A habit is defined as any physical action or chemical reaction that is repeated consistently enough to carve a neural pathway in the brain. The more often the repetition, and especially if associated with an intense emotion, the wider and faster the neural pathway becomes.

Neural pathways are high speed superhighways for quick access for the actions of the habit to be performed without conscious awareness. Conscious awareness is required for any action that does not yet have a super neural highway. When the actions have been repeated often enough, the conscious mind moves on and lets the subconscious take over the control.

Now, as you’ve learned your subconscious mind is soothed by well-worn and easy access neural pathways. It detests changes to any long standing habit and will deviously and with great effort to try every trick imaginable to sabotage any direction for change sent by conscious decision.

So an easy way to sooth the subconscious into readily accepting the changes you want is to give it clear and mindful directions and a clear sense and image of pleasurable reward. Remember the subconscious always assumes the worst by default and is a sucker for pleasure!

Get in your mind a very clear picture of one action that is essential for making the change you wish to make. Make it simple. Not a large or overwhelming action, but one that starts the process of moving toward your overall goal for change. For example, if you want to stop smoking or reduce excess weight think about smoking half as many cigarettes, or walking ten minutes a day this week.

Something that your mind can grasp that is an active action, such as: rather than saying, “ I have to stop eating so much so that I can get rid of this ugly fat” you say to your mind, I look forward to eating five small meals each day and I eat slowly and mindfully with pleasure. Give your subconscious and conscious mind a clear action picture of what to and how it will be rewarded.

This is how the subconscious mind works. So get in your mind a template, a vivid image, of one or two simple actions that you intend to perform every day. Then get an image of yourself, a week from now having achieved those goals for the most part, almost every day you have accomplished what you said you would do. Have that image of success, that glow of satisfaction so that your mind knows what is the reward, it knows that sense of success.

As well, and this step is extremely crucial; be verbally rewarding to yourself every time you take a step in the right direction. Literally look at yourself in a mirror, look yourself in the eyes and verbally praise yourself. **THIS STEP IS IMPORTANT** - neither of your minds is used to this type of self-communication and it will feel silly at the least and more likely uncomfortable – do it anyway! It is a waking hypnosis technique that is highly effective, yet many won't do it because of the discomfort it brings. (Your subconscious will attempt to sabotage this step – don't let it)!

Freedom Key Tool - Change Your Actions

Once you have an image of the action you will take this week, you simply:

1. Take three breaths, inhale and hold, exhale slowly and completely, twice more at your own pace and time.

2. When you've completed the third exhalation, allow your eyes to roll down and inward, as if looking inside at your inner committee, let every part of you know that this is the action that I will perform this week.
3. Say out loud: I notice when I am going to avoid these steps by surfing the net, or getting hungry or watching TV. I notice when I am tempted to escape by drama or impulses. I notice what it takes to stay focused and centered in the moment, taking three breaths to focus into the present, I move easily past this or any distraction, this or any impulse I may feel and choose to be focused and centered.
4. Let your mind and body know specifically what you will be doing. And then let your mind and body know how good you are going to feel. The feeling or sense of success in gaining the cooperation of every part of you; to know that you are an effective leader and effective communicator and are now no longer at the mercy of your impulses or inner two year old.
5. And again, taking 3 breaths to count up from one to three and then once again on your own. On your own time and pace, ready to open your eyes. Alert, aware, eager, feeling centered. Really rewarding and appreciating that you are choosing to be the leader in your life

Repeat this Freedom Key Tool as often as possible each day. The most important key in this tool is to actively perform the action or actions that you told your subconscious you were going to perform.

The actual physical and chemical motions of the action combined with mindfully aware instructions to all parts of you will more quickly create super neural pathways in your brain which greatly lessens the resistance and sabotage of the subconscious. The less often willpower has to scold the subconscious the more successful you are in accomplishing long term and permanent change!

Freedom Key Number Four – Believe To Achieve

What You Commit to Believe You Achieve – It's as Simple as That!

May I share with you a curious experience?

It began with an old country doctor some thirty years ago. Imagine a freshly graduated young nurse, earnest and in awe of her first employer, "Doc". This eager young nurse was me, newly licensed to 'give good care and do no harm'. Imagine my shock when Doc held up a gallon sized pickle jar filled with brightly colored "sugar" pills and instructed me to dispense some to a patient!

Observing my confusion, Doc chuckled and patiently explained that if a patient's complaints had no verifiable or known medical causation, he would give him or her a supply of "pills" from the pickle jar. He would then tell the patient that only if the pills did not work would they have to pay for them.

Astonished I asked, "Do the pills work?" Doc grinned around his well chewed cigar, patted me on the back and said, "Works every time kid, works every time; the mind can cure what I sure can't".

I now realize that Doc was using a form of waking hypnosis called the placebo effect - helping patients to tap into the powerful ability of their mind to change perception of pain – to truly believe that the pills they were given relieved their pain. Of course, in today's medical world, giving a patient a placebo pill without their knowledge or consent would not be tolerated and lawsuits would fly! But, 30 years ago - I doubt that any of Doc's patients were aware they were being given placebos, and if they did, they only cared that method worked to provide the belief for the relief!

The copious amount of evidence of the placebo effect demonstrates the extraordinary power of belief. Belief doesn't have to be based in fact or reality to be potent in its power. Belief is a life or death matter to our non-logical subconscious. It will find a way to

accomplish and defend what it is we accept as true, whether it is or not. It will find a way to rationalize seemingly logical reasons to return to the previously held belief.

We have all witnessed in our self or in others the inability to truly suspend a deeply held belief even when presented with overwhelming evidence that our deeply held belief is incorrect. We might on a conscious level agree to change the belief and go through the motions of the corresponding actions for change, but all the while the subconscious is pouting in the form of moments of doubt, fear, failure, fatigue and anxiety.

Sure, you can sustain temporary changes with the power of conscious will power and excitement about the possibility of success for days, even months; this is when we throw out our 'fat clothes' or buy the expensive exercise equipment, or confidently make a budget - we consciously believe in our ability to succeed in our desired change.

But eventually the subconscious will find its way back to the original belief and we have to buy more fat clothes and hang them on the unused exercise equipment, buy a pack of cigarettes and go on a spending spree— you get the picture. Whatever words, ideas and thoughts – concepts- that are repeated to and about you on a consistent basis form become accepted as deeply held beliefs in your subconscious.

Your subconscious must be soothed into releasing these beliefs and accepting the new ones to defend and enforce as fiercely as the old ones. Changing deeply held beliefs requires consistent effort and attention, but there is easy way to soothe your subconscious and banish what I call the “dog days of doubt” to prevent subconscious sabotage.

Freedom Key Tool - Subconscious Soothers

Intentional Self -Talk

At the beginning of any change to a habit, attitude or behavior do the following:

WARNING: the following steps may create a feelings of conscious embarrassment or silliness at first - ***IT DOESN'T MATTER*** - your subconscious responds powerfully – and this ***IS WHAT MATTERS***.

- Create a list of positive words and phrases that describe your desired changes
- Create a list of life rewards that will happen as a result of the change
- Reflect on where in your body you manifest physical feelings of doubt, fear or anxiety or fatigue and write a brief summary of these reflections and then immediately commit this key freedom phrase to memory “this (state your current emotion or feeling) is only a moment, an hour, a day.
- Create a vivid image of a stop sign in any manner that is real and powerful for you and when you feel doubt, fear, anxiety or other resistant emotions, imagine, sense or feel or think about your vivid mental stop sign. Yell out loud if possible or silently out loud “STOP” then breathe to awareness.
- At minimum of once a day close your eyes and literally speak out loud if possible or silently out loud, directly to your subconscious mind.
- Use your list of positive words and phrases to describe your intended changes.
- Tell your subconscious that you recognize why it will feel the need to resistant and that you recognize that this resistant will try to manifest itself as fear, doubt, discouragement and possibly fatigue and feelings of illness without true cause.
- Talk freely to your subconscious often about your intended changes and what to expect.
- Simply repeat ‘I believe’ numerous times a day. You will be amazed at the power this creates for immediate release of tension, doubt and fear.

From birth until death we consistently move in the direction of our most dominant subconscious thoughts - let your desired change be in your most dominant thoughts and your subconscious has no choice but to believe and achieve.

Freedom Key Number Five: The Whole Key Ring

Putting it All Together

- Prepare to be aware to be active with actions to believe and achieve.
- Move into peak focus with breathing for mindful awareness.
- Become your internal leader with an internal committee meeting.
- Create active actions with vivid visualizations.
- Soothe your subconscious and tame resistance by literally talking to it about your intentions as an already established fact. It will have no choice but to believe and achieve your intentions.
- Simply state “I believe” and let it go.

You now have **Five Keys to Freedom** from unwanted habits, thoughts, attitudes and behavior using keys of freedom that unlock your inborn ability for powerful and lasting change. Each key provides the specific steps to banish doubts, fears and cycles of broken promises to unleash confident self-management so that you can finally be who you are really meant to be!

Let Your Freedom Ring!