

Talk To Yourself On Purpose

“The Truth Shall Set You Free”

There is a conversation going on in your mind. You are thinking. It is likely that only a small portion of your conversation is in the form of words. You think in concepts and images, any one of which might require hundreds of words to describe adequately.

You speak aloud at an average rate of 150 to 200 words per minute. There is evidence that you may think words at a rate of up to 3,000 words per minute! When you consider that whole concepts may pass through your mind as quickly as a single word and that each concept or idea might require hundreds of words to express, the amount of data routinely processed through your mind each minute may seem overwhelming.

In addition, you calculate your course of reasoning based on limiting experience and beliefs from the past.

Your fears and reactions are largely a result of the conditioning and beliefs of your subconscious mind. Most of these beliefs come from the life style and beliefs of your adult caretakers when you were a child, and you have built automatic reactions which often may seem beyond your control.

It is not unusual to encounter motivated people engaged in a furious effort to stop thinking as they are thinking and to stop reacting as they do. To all of you who have attempted self-improvement classes and exercises, the process is familiar. You try different methods to cancel negative beliefs and habits, but often that only escalates as an argument in your mind.

Finally, as these lessons will show you, you will discover that it's all a matter of self talk! The way you feel is not really the result of what happens to you, but it is the result of what you tell yourself about what happens.

So how do you change? Through these lessons, you will learn how to *Talk to Yourself on Purpose*. Through simple, non-threatening exercises, you will not only learn what you tell yourself (you may be surprised!) but you will learn how to start a new pattern of thinking that will literally take you out of the wilderness of confusion into a new life.

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