

Mindset Mastery
How to Stay in the Flow (and Vibration) of Inspiration & Creativity

Transcript of Momentum Monday Session – April 20, 2020

Note: This is an automated transcript which may include misspelled words.

00:28

And here we go. Welcome to momentum. Mondays. It is Monday the 20th of April, 20th of April. And this is the third week of the month where we focus on mindset mastery. And I am going to be sharing with you today. Something many of you have heard me speak about before it is my number one, go to tool for getting my mind, right?

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And as you can, well, imagine there are lots of different things happening in our lives, always. And especially now there's so much that's being put upon us that keeping our mindset in the right energy thought and vibration is actually is, is key. So I'm going to share the teaching on mindset. I'll put you into your breakout groups and then we'll do laser coaching.

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Uh, before we get started with the lesson, a couple of quick things, a thing, one is please have pen and paper handy because I'm going to be part of this activity is having you answer some questions internally for checking in on your mindset. So make sure you have pen and paper handy this morning. And, uh, then also, uh,

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we'll have a little bit of group discussion before you go into your breakout sessions. So checking in who here knows selves permission to be fully present right here right now. So go ahead and take a breath in for the count of four Hold for four and then release for four. And I invite you as you breathe in again for four, breathe in love,

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light the protection that is always here taking care of you. As you breathe out, relax and release. And I'm going to request today that while we're having the conversation about mindset mastery and the teaching that I'm going to provide you is that you refrain from chatting in the chapter. Does it, Can you guess why I might be suggesting that Allow you to be really fully present?

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And there's plenty of time to do that after I do this, this little, um, teaching and activity that we're going to do today, but I really invite you to give yourself the gift of being fully present because of the more you give yourself this moment, the more you'll take into your life and in your business and into all of your relationships. So let me go ahead and share my screen.

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As I offer this quick little teaching today, I'm looking at dr. Bob, let me get that guy and share over here. All right. So I'm assuming you can all see my screen. Somebody give me a thumbs up to let me know. Thank you very much. Alright. So as we come together today, I'm bringing us back to remembering that we are all one.

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This is one planet, one humanity, and one love where when we can honor and have respect for that and remember that and keep it top of mind, it moves us forward in a powerful, loving, dynamic way and at this particular history. So put your phones on mute. Please put yourselves on mute. Please add this particular time in history. I think the fact that we all are one is being highlighted at a level that none of us have experienced before,

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which brings me to saying there's no better time for us to really incorporate the one philosophy in treating each and every person we meet as the one, remembering that everyone has value. I believe most of you have read the book, the one philosophy, those who have not yet, go ahead and grab it on Amazon and pick it up because the core principles of the one philosophy is who do I need to be?

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How, what are my actions and intentions as I move forward in life, living the one philosophy. And when we live, the one philosophy, the universe, everything we're here to experience is opened up for us. So if you haven't yet read it, I'm not doing the principles on it today. I'm going to be dialing into one of the principals.

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Very, very deep. As we delve into moving forward with mindset mastery, a couple of agreements, I would like for you to take on agreements, that if we're going to have mastery over our thoughts, emotions, and actions, and mastery over our businesses to be successful, to be of highest service and have the greatest impact. Here are some agreements for each and every one of you stepping out as leaders.

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The first one is that the most important things in life aren't things, the most important things in life are people. And this message got driven home to me, strong and hard when I had my title company and I was growing my business and we were doing seminars and I was a single mom. I had a boyfriend at the time and I was going go and go and do and do and doing so I could earn lots of money and be successful.

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And he said to me, you know, Nancy, you're doing all of this, but you're not being with us. So when I learned to shift that the most important things in life are in fact, people, my world opened up at a whole new level, and I would imagine some of you have had similar experiences. So agreement number one is the most important things in life are actually people,

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not things. The second thing is that the speed of the leader is the speed of the pack. So as you now are, all leaders always have been, as you now are leading more business and leading others, you, your mindset, your vibration and your energy is going to control and determine the quality of the experience and success that you have. So the most important thing you can focus on every single day to grow your business is yourself as a leader.

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And then the next agreement is about trust and being someone of high caliber, quality and attitude that others trust and respect, that's going to bring you more clients and customers, then any of the slickest marketing strategies. And because they'll stay with you for life because of the trust and loyalty that you built. And this statement that our thoughts set the course for the quality of our lives,

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I would guess that everyone in this group knows the power of what we think we become, what the Buddhist says is what you think you become, what you feel you attract and what you imagine you create. Now, as, as I share that, doesn't, it, it opens up this space where we can really have anything, but he's not on mute.

07:59^{08:16}

Please put yourself on mute. You know, and it's not, we're not being active in the chat right now during this part of the lesson. So thank you for that to be fully present. So as we, as, as I think about this, I'm like, wow, that's awesome. You know, I can have what I want. I can do what I want.

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So great. And then how come you, our lives may not look the way we really wish them to be. So our greatest ally in creating lasting change in the lives that we want, the way that we want them, our greatest ally and creating lasting change is having honesty about the way we feel and the way we think. And only when we are honest,

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can we begin to grow? So go ahead now and get a pen and paper ready, or a pencil, or type it on your keyboard, how whatever process works best for you. And I'm going to invite you to answer some questions, and this is nobody else is going to see this. This is just for you and be as honest about yourself as possible.

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So if our thoughts determine the quality or quality of our lives, we need to dial in on what thoughts are creating your life. So here's the first question for everybody. As I put the questions on the screen, I'm going to encourage you to write one, two, three things in response to this quick question. And it may be one, it may be three.

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It may be 10, whatever you have time for. I'll give you a little bit of time for each one. So the first question to ask is I'd like to change blank. Okay. So what is your life, your business, your relationships, what would you like to change? Go ahead and just write that down, do your best to kind of write.

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What's the first thing that comes up without filtering. I'm going to go ahead and take you to the next question. Let's turn on my timer. So I make sure I give you all plenty of time for these. All right. The next question is I'd like more blank. What would you like more of? And again, first thing that comes in will be your truest response without the filter.

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And what we're doing here is getting to what's really going on and running the show. And I'll give you another 15 seconds to finish that one. All right. The next question, I keep thinking. I keep thinking, Yeah, Those might be, if only this than that, that comes through your mind. I'm going to give you another 30 seconds on that one.

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And of course you can come back to these as we continue through the day through the morning or throughout your day. All right. The next one in six months, I like 15 more seconds on that one. And the next one is the most important things in my life right now are Yeah. Again, first things that come in. Yeah. And again,

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do your best not to filter or write down what you think you should. That's first thing that pops in is really what's running the show. I'm gonna give you 15 more seconds.<inaudible> Next one is the qualities in people I admire most are. And the last question I'd be delighted if my life included<inaudible> No, I have 15 more seconds here And please put yourselves on mute if you're not.

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So we have good sound quality, please. Thank you. Alright. So that was an opportunity for you to tap into some of the things that are going on underneath, because when we go move with the premise that everything begins in thought, then what you think is either going to set you free or hold you back. Typically, the things that drive us most are what we think of ourselves.

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Whether we have belief in ourselves, whether we're good enough, not good enough, deserving, worthy, all of that, what we think of others, how we're judging others and blaming and being angry or upset at what we think others think of us, which we've all heard. The phrase, what you think of me is none of my business, but that's not what happens.

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We get all twisted up in that sometimes. And then the last thing about what we think, how it either sets us free or holds us back is what we focus on. So remembering that your mind is your instrument and you want to learn to be its master and not its slave. What I'm sharing with you here, I know is probably nothing new for most of you.

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And we all need to be reminded of really what's going on and how we can become the master. So as we move on, we must have an awareness of that. What goes on in our conscious mind and our subconscious mind. And as you can see, the subconscious mind is that big glacier under the surface, 90% of the experiences we have today are not driven by the conscious mind,

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but instead the subconscious mind. So your conscious mind is actually the slave and the subconscious mind is the master. The conscious mind will do what the subconscious mind directs it to do in your conscious mind is where you have your critical thinking, your logical thinking, your short term memory, your willpower, your subconscious mind is your beliefs, your creativity, your emotions,

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your feelings, your longterm memories, your habits, and addictions, imagination, intuition, protective reaction. There's lots of good things in your subconscious mind. What we want to be sure we're doing is operating from the beliefs in our subconscious mind that allow us to expand over and beyond where we are right now. So the conscious mind,<inaudible> The conscious mind tries to use willpower,

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to control behaviors, beliefs, but out to the subconscious mind is greater influence anybody who's ever said, they want to do a diet and then doesn't do it. You know, Monday's going to be the day your subconscious mind is winning out. So to create real change and have our conscious mind shift, we've got to get to the root cause in our subconscious mind,

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that's running the show, we've got to get to it and we've got to clear it. And that's the tool I'm going to teach you today. T Harv Eker of peak potential says, if you wanna change the fruits, you will first have to change the roots. If you want to change the visible, you must first change the invisible. And oftentimes what happens is,

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you know, in our businesses, in our lives, as we experience a result that we don't like, or we don't have enough money, don't have the relationship have, you know, disharmony in your family and you try to change all those things on the outside, but we really have to focus on changing what's inside. First, when you can learn to operate your conscious mind from the highest perspective,

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not being limited, that's where you actually have the ability to tap into. What's referred to as the super conscious, the superconscious, you've all experienced divine downloads inspiration. That's what that, where that comes from that doesn't come from the conscious or the subconscious. It comes from a higher place, a stronger place of connectivity, Florence Shinn. One of my favorite authors describes the superconscious as the God mind within each man.

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And it's the realm of perfect ideas. Now what happens to us? We block ourselves from reaching the super conscious and operating from that place of pure genius and creativity between our conscious thoughts, that mind chatter that goes on driven by the subconscious mind. Why, um, Napoleon Hill talks about the superconscious as infinite intelligence. He describes it as the power, which translates one thoughts or desires into realities has its source and an infinite intelligence,

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which knows more about plants than the one doing the praying. So we must learn how to operate from the superconscious. That's where ease and flow and creativity and ideas are and get to the root of what's creating our current thoughts so that we can clear the pathway for this super conscious to lead the way. So if you look at the progression of things, our thoughts become our words,

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our words become our actions. That's a common thing that we know. Here's how I pause it and suggest that we choose to live our lives. Starting with the super imagine if you could live your life operating 90 to a hundred percent of the time from inspiration rather than desperation, that's a beautiful life. So the work we do on mindset mastery so that we can access that super conscious continuously and then have the subconscious of the positive thoughts and beliefs that allow us to take action in the physical realm with our conscious mind.

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So that our thoughts, words, and actions are all driven from this as is our habits and our character, which is all about being the one. So I think as if you could put yourself on mute and picking up some sound from the background, thank you very much. And to do this, it begins with one fundamental skill awareness that we all have varying levels of awareness.

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And I'm going to just quickly take you through the different levels of awareness that we all operate in every single day in different proportions. So these levels of awareness starts with denial and blame. So one of the principles of the one philosophy is to own

your life with a hundred percent responsibility. So if I am blaming everything outside of me for what's going wrong or not working well,

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how much responsibility am I taking? So the lowest level of self awareness is when you're in denial that something's not happening or you're in blaming outside people or circumstances for what's going on in your life. The next level up from that, where you're gaining greater self awareness is when you begin to observe your actions, you say, well, you know, maybe if I hadn't,

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you know, let's talk about being late for an event, you could blame it on traffic, right? But maybe if I had left 15 minutes earlier, I would have been on time. I mean, that's pretty simple. And the way that we can take a higher level of responsibility, the next level up from that is to examine your thoughts and beliefs.

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So let's just use this simple example of being late, which creates stress for you and the people that you're going to be with at your appointment. What are the thoughts and actions that had you not leave a few minutes earlier? Were you rushed where you're trying to get too much done? Did you go to bed late the night before? Did you drink too much wine?

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The next level of self awareness is about really examining what are your values? Because our values will drive our lives. And there's a great exercise inside the one philosophy for a values experience that you can go through. Then the next level of your self awareness is about your identity and then ultimately operating from your higher self in terms of having awareness about what thoughts are driving the show.

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I love to use this emotional guidance system that shows, and I often refer to this as your emotions and hence your thoughts being either above the line or below the line. And what you can see here is starting at the bottom left in the red, where it talks about low vibration, high emotion, strong attraction, that's Murphy's law, right? One bad thing happens.

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It gets worse and it gets worse and it gets worse because what are we focusing on? So in that lower vibration, you're still attracting things, but you're attracting what you don't want because you're focusing on it in the higher levels of vibration, the higher emotions you're attracting what you do want. And I remember a few years ago I was journaling in the morning and I was all pissed off at three different people that were on my team.

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I can't believe this person doesn't know that I can't believe they don't do this. I can't believe blah, blah, blah, blah, blah. And as I was putting pen to paper and feeling my emotions, I went well, Joe, look at me focusing on what I don't want. So I had awareness. And in that moment I thought, okay,

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that's what I don't want. What do I want? I want Mary to do this. I want Sally to do this. And I want Bob to do that. I just wrote it down, put my journal away. And by the end of the day, all three of those people had reached out to me and gave me what I wanted. I didn't tell them I shifted what I was focusing.

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Yes. Power of self awareness is huge. This is the point of control in our lives that we have that no one can take away from us. So the key is to have an awareness of when you're feeling something or thinking something that's below the line so that you can shift and move yourself back up because up high there here's, what's available to you.

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So just think for a moment, if you were in the top end, the higher above the line emotions, what kind of things are going to come up for you? That's where you get creativity. Ideas, love, win, win, and inspired action. That's where that comes out. And if you're in the lower emotions and lower vibration, you're stuck.

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You're feeling anger, confusion, frustration, competitiveness, win, lose scenarios. Where would you prefer to operate from? It is within your power to shift this on a dime, the higher vibration emotions that's accessing. The superconscious that's coming from love. The lower vibrations is about being in your subconscious is, is about the subconscious pieces that don't serve us that are fear,

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those lower emotions. And if we stuck in those, we're going to attract it. So looking at the questions you filled out a few minutes ago, just kind of glance back at those and be honest with yourself. How many of those are lower vibration emotions? So let's say, you said I'd like to change. Um, ha I'd be delighted if my life included,

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let's go with this one, paying off all my credit cards. Well that could have negative energy around it because you're feeling a burden of the credit cards. If instead you said I was absolutely financially free and had \$20,000 in the bank, that's a lot different than the energy around. I'd pay off my credit cards. So just do a little bit of self reflection here on how many of these things had a lower vibration connected to it.

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Because once we have this awareness, remember we talked about being honest with ourselves so that we can make changes and improvements in our lives. It's about taking responsibility. And I like to refer to this as response ability, having self awareness and checking in on this makes you response abled, which allows you to move up the line and choose how you want to respond.

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Now, we all get emotional triggers, things come up in our lives. I don't walk around Rosie a hundred percent of the time. I just revealed to you a journaling session I had not too long ago. So the key is not to imagine. You're never going to feel any of these things, but to have a tool that lets you immediately create the awareness and create the shift.

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Many of you may have heard of something called ho Pono Pono, and I'm going to be sharing that tool with you. That's my number one, go to, um, this is, um, more now, now Malacca Simona. I'm sure I didn't say that correctly. And she is from Hawaii, well known teacher of this prayer of ho opponent Pono.

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And here's the foundation that goes behind this. She says that we are the sum total of our experiences, which is to say that we aren't burdened by our past. When we

experienced stress or fear in our lives. If we would look carefully, we would find that the cause is actually a memory. It is the emotions which are tied to these memories,

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which affect now the subconscious associates in action or person in the present with something that happened in the past. And when this occurs, emotions are activated and stress is produced. I would think just about everybody here can recognize the truth. In this statement, something happens today. Somebody cuts you off and you're reminded of every time somebody cuts you up. Somebody yells at you.

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And you remember when your mother yelled at you and your little kid and it triggers your sense of unworthiness. It's all about what's in our memories. So Morna um, Nala, Mako, um, was a big proponent of the prayer of ho opponent Pono. Many of you may have heard of whole opponent Pono from Joe Vitale and his teacher had mentored a doctor.

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Um, dr. LAN is what I'm going to refer to him as, and dr. Len has really made it simple for us to use this prayer of how a Pono Pono, and basically what it's about is using your awareness, connecting back to source and saying these four statements. I'm sorry, please forgive me. I love you. And thank you.

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And for those who've not experienced this before, I'm going to go a little deeper. So you can really use this tool. So here's how this will work for you to be in your power. Step. Number one is this awareness that you're feeling below the line. As I refer to it and the inside of the Facebook group, I've given you a chart.

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It's a vibrational tally chart where I'm asking you to check yourself all week long on what your emotive vibration is, what your emotions are and use the prayer of whole opponent Pono to clear it. So let's play this game for seven days and see how your life shifts. Cause I know it will. So step one to operating more from your super-conscious is, is awareness.

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And that feeling that you're below the line, step number two is acknowledge the feeling or thought that's within you. Don't try to shoot away. Just acknowledge, Oh, I'm feeling judgmental. Look, Oh look, I just said, what a jerk he is. Oh, what? That client's an idiot or that client doesn't have any money or I'm not going to have any money.

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So acknowledge the feeling or thought within yourself. So here are some of the types of low vibration below the line. Things you might be experiencing. Frustration, irritation, impatience, feeling overwhelmed, disappointed, doubt, worry, blame discouragement, anger event, hatred and rage, jealousy insecurity, guilt, unworthiness, grief, despair, depression, boredom, pessimism,

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or powerlessness. And here's the thing about this prayer and these feelings that you have. So going back to what, um, Morna says this isn't about the circumstance. This is about a memory being triggered in you because when you do this prayer, it's never really about the other person or circumstance. It's about how you respond to it. Taking a hundred percent responsibility allows you to transform it rather than you being a victim to it.

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And that's where owning your life with a hundred percent responsibility is the key to mindset mastery. So step one, awareness, step two, acknowledge the feeling. Remember this is about you. It has nothing to do with the other person. So when you use Whoah Pono, Pono to clear and shift, you are speaking to the source, divine universe. God,

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you are not speaking about the other person or event. So it's not a matter of, Oh, I forgive Johnny for being an idiot. No it's Oh, here's how you use it. So let's just use that. For example, if somebody irritates you or gets you upset and people in our lives is typically what triggers us to not feel so good.

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Right? So here's the prayer. I'm sorry for having thoughts that Johnny is an idiot. Please forgive me for having those thoughts in my mind and forgetting that I'm always taken care of and that love is always available to me through, you know, you don't have to say this in detail, but I wanted you to have the depth underneath to understand the essence of the four phrases.

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So I'm sorry for having these fears or thoughts about you. Fill in the blank, please forgive me for even having them in my mind and forgetting that I'm always taken care of and love is always available to me through you. Thank you for a racing, these fears or thoughts from my mind. And then number four, I love you for taking care of my mindset so that I can allow more love or money to come into my life.

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So the four phrases are, I'm sorry, please forgive me. Thank you. And I love you. It does not matter what form you say these in. Basically what matters is that you are in a spirit of acknowledging. I have an emotion, a memory, a thought inside me, that's below the line and you are turning it over to God.

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Please take this away. I don't need this. I can always tap into love. So that's the prayer and the power of whole opponent Pono my friends.