

Our Amazing Mind...

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In our beginning, two cells came together in our Mother's womb and have become the 50 to 100 trillion cells in our adult body. The moment these two cells come together amazing things start happening...

Without going into all of the fascinating details of all the amazing things still happening from this small beginning, let's look into many of the innate abilities of our 'Mind' which we now know is our 'Body'...

Just take a few moments and really ponder this: Our Mind-Body is Self Assembling, Self Healing, Self Learning, Self Adjusting, Self Guiding, Self Creating, Self Programming and is wonderfully Self Capable of imagining and doing things that have never ever been seen or done before! Re-read this...

We are 'Self Assembling'

Our Mind-Body and all of its 50 to 100 Trillion cells self-assemble from just two (2) cells: 1 egg and 1 sperm. It is interestingly to note these two cells are both the smallest and the largest of all the cells in our body. Each cell innately knows what it needs to become, where it needs to be and what it needs to do in this intelligent and conscious community we call 'Self.' Also amazing is the very blueprint of our entire self is stored within each and every cell, in an amazing redundancy that allows us to heal, repair and restore our Mind-Body from injury, illness and disease.

Scientists can clone an entire new human body from just a couple cells...

We are 'Self Healing'

Remember the last time you had a minor cut or scrape. How much conscious effort did you have in getting your wound to heal? Did you have to meditate for hours while focusing on healing the wound or did your Mind-Body just take care of it on it's own?

Our Mind-Body replaces over 300 billion cells every 24 hours... that's over 3,400,000 cells per second, all day and every day of our lives. When given the proper nutritional building blocks, our Mind-Body is continuously rebuilding, restoring and rejuvenation all of our cells, all of our tissues, our organs and the many systems of our Mind-Body without any conscious thought whatsoever. What about Beliefs?

What we 'Believe' Determines Our Outcome!

Dr. Lissa Rankin MD in her book 'Mind Over Medicine,' brings forth abundant evidence from clinical trials and studies proving the Placebo effect can be over 70 percent effective... This means that without any actual outside substance or assistance, our Body-Mind is able to internally create all the resources it needs to Heal including the complete reversal of Pain, Injuries, Illness, Disease, and virtually every form of dysfunction just by 'believing' it now has what it needs to do so... Our Belief is Very Powerful!

It appears that our beliefs may be like 'Dumbo's Feather'¹, meaning that the Mind-Body is completely able to Heal itself the moment it 'believes' it can and has the resources to do so... However, why are TV commercials for expensive and many times harmful pharmaceuticals continually telling us we all must "Consult Your Doctor to see if this is right for you." This phrase repeated over and over may cause us to 'believe' we have less power to heal and less control over our lives than we actually do.

This is called the “No-cebo” effect, and is the evil twin of the Placebo effect. The No-cebo effect happens when we believe someone may be an authority, and choose to believe *'what they say'* because of *'who they are,'* rather than their advice being based upon *'any real evidence.'* With all due respect, Doctors are as error-prone as any other imperfect human. Reports reveal doctors telling the wrong patient they were going to die, and sadly, they did. In other cultures this is called *“Pointing the Bone.”* Sadly, *“Medical errors are the third leading cause of death in the US.”* Washington Post May 18, 2016

What we 'choose to believe,' whether true or false, becomes our Reality!

We are 'Self Learning'

When we are born, we have to learn how to See, how to Walk, how to Talk and how to Function “normally” within our family. Our Mind-Body begins learning by observing what others are doing. We observe everything going on around us, and then we just start doing what they are doing; good, bad, right or wrong. Early learning is mostly internal until we are able to communicate with others. Then we begin learning using mental concepts, including asking questions, reading books and going to school.

We Learn What We Live! (Good, Bad, Right or Wrong...)

Our question is, have we learned effective life-skills and abilities we need to live the life we most want to live..., or have we learned something less than this? Most of our 'Life Programs,' are formed by the time we are 7 years old, including our behaviors, beliefs about ourselves and the world we live in. Our beliefs, whether true or false, begin creating our results, outcomes, and quality of life we live.

We are always able to transform our old negative patterns for a better and more wonderful life!

We are 'Self Adjusting'

Our Mind-Bodies are capable of making drastic changes and alterations in our Mind-Body systems allowing us to continue functioning in abnormal circumstances. For example, there are cases of multiple personalities where one personality was diabetic and needed insulin, and the others had normal blood sugar function. One personality needed glasses and the other had perfect vision. These physiological and biological changes happened instantly the moment their personality changed.

Dr. John Lorber discovered that at any given time there may be many fully functioning people of normal to above normal intelligence with little or no brains. They are just living their lives without being aware they literally have less than a normal sized brain or in some cases no brain at all...

There are high functioning people living with little to no physical brain...

Professor Lorber notes one young man with no obvious physical signs, having an IQ of 126 and an advanced degree in mathematics. He was found to have no brain at all... He had less than 1 mm (less than 1/32 of an inch) of brain matter covering the top of his spinal column. These facts raise some very interesting questions... Without his brain's 'visual cortex,' how was he able to see? Without a brain, how was he able to function at all? His Mind-Body made 'adjustments' so he could function normally.

How does our Mind-Body make these adjustments? The HeartMath Institute shows our Heart may have a more prominent roll in directing our lives than we previously thought. Our Heart and Brain are now known to work together, as do many of our organs. These redundancies within our Mind-Body systems

are foundational to our ability to function and do the many amazing things our Mind-Body does. We now know, we may have more thinking cells below our neck than above... If so, are we using them?

Scientists have long ago found 'thinking cells' in our heart and in our gut, which may account for the many ancient writings telling us to both 'follow' and 'not follow' our heart and to 'listen' to our 'gut instincts' or our intuition. The scriptures tell us, 'we have eyes to see, ears to hear and a heart to understand.' Deuteronomy 29:4 and Mathew 13:15. Our heart has more consciousness than we know.

'We are fearfully and wonderfully made.' Psalm 139:14

While we can apparently live without our Brain, we can not live without our Heart... While our eyes are said to be the window to our soul, it is our heart that is said to be it's seat. It is interesting that many people having heart transplants have experienced thoughts, memories and even new behaviors from the heart donor. In one case, the recipient helped catch the donor's killer. The 8 year old girl remembered the killer, when and how the murder happened, and even the words spoken by the killer to the victim.

As we begin using our fuller human and spiritual potential, life gets so much easier!

We are 'Self Guiding'

We learn from what we live. These lessons occur moment by moment and are foundational to our experience. We make decisions based upon our experiences and these decisions drive our actions and our in-actions. These actions and in-actions provide our outcomes and results, which in turn create the quality of our life. What if there is an easier way to learn..?

***“You have to learn from the mistakes of others...
You won't live long enough to make them all yourself.” ~Eleanor Roosevelt***

In the best case, we learn how the world works and how this 'game' we call life is played and are able to win, at least every now and again... In the worst case, our decision making ability is flawed and we have never really learned how to succeed and we find ourselves repeating the same old patterns over and over, giving us the same poor results and the same less than desired life.

“Practice makes permanent. Practice with 'adjustment' makes perfect.” ~Robert Fletcher

If you have ever met a person with a phobia? This is an irrational fear. If you have then you know our mind is able to believe something that is not true and act on it repeatedly, even in the face of evidence to the contrary. The highest priority of our mind is to protect us and keep us safe. This means that our mind may 'over-react' if it believes it is protecting us... even if the perceived threat is not real.

“The highest priority of our mind is to protect us and keep us safe.” ~Robert Fletcher

It is our 'believed' limitations and 'illusions' of boundaries that keep us from experiencing our fullest potential and living the life we most want to live. We only have the limitations we accept or create!

We are 'Self Creating'

We are always co-creating and manifesting our lives by our thoughts, our actions, our in-actions, our choices and the decisions we make, whether conscious or non-conscious. If we act in harmony with the

way things actually work, then we have success. If we act out of harmony with the way things work then we have something other than the success we desire. Our self-beliefs create what we experience!

“Choice not chance determines your destiny.” ~Aristotle

For those who have great Health, Happiness, Success, Positive Relationships and are living a Full and Amazing life, this is their normal and is their comfort zone, Their automatic thoughts, habits, patterns, programs and behaviors help them stay with in their comfort zone without even thinking about it. They are simply getting what they expect in life because it safe for them to continue experiencing.

Have you ever heard of someone always getting a parking spot in front of a busy store? How do they do that? This is because *'Everything is Frequency & Vibration.'* Our thoughts are measurable and therefore tangible. Think about this: How can a parent instantly know their child is in danger even if they are half way around the world? This 'mind' connection is well documented between twins also.

So much more is happening within us and around us then we are currently aware of:

Max Plank, the Father of Quantum Physics said, *'Consciousness is Foundational to Matter.'*

Albert Einstein said, *“Reality is merely an illusion, albeit a very persistent one.”*

Andrew Carnegie said, *“Any idea that is held in the mind that is either feared or revered, will begin at once to clothe itself in the most convenient and appropriate physical forms available.”*

“Whatever the mind can conceive and believe, the mind can achieve.” ~Napoleon Hill

“The man who acquires the ability to take full possession of his own mind may take possession of anything else to which he is justly entitled.” ~Andrew Carnegie

Manifesting our Best Life has just two parts: First, focusing on what we want..., and Second, having full permission to accept what we focus on. We are literally receiving the vibrations of what we expect.

“In life... we don't get what we want, we get what we expect”. ~Unknown

When we 'expect' something to happen, and we are comfortable accepting it, we have no emotional or physical resistance to it because it is known, comfortable and permissible. The is true of all positive and negative expectations when we have permission to accept them. Whatever we focus on increases.

Many are stuck in their 'comfort zone,' otherwise known as the 'box' they are trying to 'think outside of.' Our comfort zone is simply 'what we know,' and may not be very comfortable after all. Our 'box' is just our Mind-Body trying to automatically keep things normal for us. What if we can transform this box..?

If someone's childhood was very painful, full of trauma, dysfunction and problems, they suffered because they didn't know what they could do about it. Their 'comfort zone' now includes all that pain and dysfunction and trauma, because that is now what is 'known.' We only know what we know...

Krishnamurti profoundly said, ***'Fear is the movement from certainty to uncertainty.'***

We tend to be comfortable with what we already know, meaning our experience is our certainty. We

also tend to be uncomfortable with what we don't know, being our uncertainty. If our comfortable or normal is dysfunctional, then meeting someone who is happily functional may be very uncomfortable for us to be around. Our Mind-Body may seek to restore safety and comfort by creating self-defeating behaviors to ensure we remain within the circumstances we already know and feel comfortable in.

Many push others away rather than risking rejection...

Consciously this makes no sense. We think to ourselves 'we really want to be more like them' or 'we want what they have,' however, what they have is unknown, and we have no idea how to get what we don't yet know. Many times our Mind-Body will put us down with negative self-talk saying false things like, '*we're not good enough or smart enough or whatever enough...*' This is not true, it is just our Mind-Body trying to return us back to our 'place,' or our comfort zone, and protect us from failure or embarrassment or even worse. Our Mind-Body can many times seem like a very cruel Task Master...

We Don't Know What We Don't Know! (...We Can Learn!)

A group of children each coming from abusive homes were asked if they would have children when they grew up. Of the ones who said, 'yes,' they were asked, how they would raise their children? The children responded by saying something to the effect that, 'they would not raise their children the way they were raised.' The interviewer then asked, 'if they were not going to raise their children as they were raised, then how were they going to raise their children?' The children had no reply...

We have to Change our Comfort to Change our Circumstances!

We only know what we know right now. We may be aware that what we are doing is 'not what we want to do,' however in the absence of knowing what to do to be successful, we are stuck doing only what we already know. How can we do what we don't know until we learn how to do it? And We Can Learn!

"No problem can be solved from the same level of consciousness that created it." -Albert Einstein

If we seek to live a better life and to increase our Health and Happiness and Success resulting in our Ultimate Freedom we simply must learn how. Pursuit of this knowledge is essential because ultimately, You are your Best Investment! *"Anything worth doing is worth learning how."* ~Robert Fletcher

We are 'Self Programming'

Whatever we do Repeatedly becomes Automatic. Many believe it takes 21 to 28 days to create a habit, however there are much faster ways of creating habits, even the good and desirable habits... First, we must learn how our mind works, and why it does what it does the way it does it. Then we can change it.

Our mind learns through experience. When was the last time you had to think about 'How' to walk? Not counting an injury or maybe having a bit too much to drink, etc... Most young children master walking and then, unless something affects our ability to walk, we haven't given it much thought since.

Have you ever missed an exit while driving your car because your 'mind' was somewhere else? Who was driving the car? Our Mind-Body's internal intelligence has created a very complex program of driving our car without even thinking about it... So, what else do we do without even thinking about it?

Why does it take twice as long going somewhere we've never been than it does getting back?

Our Lives are on 'Auto-Pilot.' The average person lives over 95% of their daily life automatically. Unless we are in a completely new situation, such as going somewhere or learning something, we just continue doing what we've been doing the way we've been doing it without any thought whatsoever...

What does this mean? On the one hand, we don't have to keep thinking about all of the things we had to think about when we were learning. On the other hand, we now have the life we have, because of all of the things we do and don't do, without even thinking about it... It doesn't matter if our life is good, bad, right or wrong, happy or sad... we are just automatically repeating what we have learned and continue getting our same results day after day without even thinking about it... Our life has become Automatic.

What if we can all be 'Automatically' Healthy, Happy and Successful!

For some this is Awesome! They enjoy Automatic Success! For others, life may still be full of pain, suffering and struggle... Our challenge is: How can we change for the positive what we are completely unaware of? How do we begin unlearning what does not work and begin learning what does?

We are 'Self Capable'

Many records tell of people doing super human feats. Sadus, Monks, Martial Artists, Medicine Men and Women, and Shamans, etc. from many different cultures and throughout centuries and millennia. Many have heard stories of Grandma lifting the tractor off Grandpa and saving his life. Scientist are puzzled because this appears to violate the very laws of nature and the science of physics. But does it?

Our Mind-Bodies can be described as: Electro-Chemical, Bio-Mechanical, Quantum Machines. We take in nutrition and our Mind-Body converts the nutrition into chemistry that creates the electricity flowing through our neurology. Then our neurology activates the muscles and tissues to function according to our thoughts. It is the "Quantum" nature of our Mind-Body that is indefinable. We really have no idea of what we are truly capable of... It all comes back to what we 'believe' about ourselves.

"Whether you Believe you Can or you Can't, you're Right!" ~Henry Ford

In 1994 Ingo Swann, who ran the remote-viewing group for the CIA, reported to a group at the United Nations that we all have many extra-sensory perceptions that have been identified and we can all learn how to use them. While this is interesting information, short of working for the CIA, how can we begin opening our full human and spiritual potential. The answer is found in Mathew 7:7,8 and Luke 11:19.

Keep on Asking, Seeking and Knocking...

Our Mind-Body is much more intelligent and capable than we are currently aware of. The Bible says, we are made in GOD's image (Genesis 1:27) and we have no idea what this really means. We are told in John 14:12 that we can do the works of Christ and even greater things. In Mathew 17:20 we are told with faith, we can move mountains and 'everything' becomes possible for us, within GOD's will.

We All have this 'Gift' within us!

Marianne Williamson said, *"Our deepest fear is not that we are inadequate. Our deepest fear is that*

we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Our Continuing Journey:

We already are everything we are, whether or not we believe it. We just need to awaken our 'belief' and 'faith' to be able to experience it. Most people are unable to use every single function of their computer, or smart-phone; they are unaware of its true capabilities... However we can learn if we want to because there are manuals, websites, videos and tech support. So how we begin awakening our full capabilities?

The question is, how do we begin using 'our' fullest potential? Where do we go? Who can we trust? These are the very same questions I asked several years ago when struggling with less than the life I wanted to live. I met a man named Robert Fletcher who has spent over 45 years learning to ask and teach the Mind-Body to resolve its own problems and change its own behaviors. He was a Mind whisperer... Why was he so successful? He found all the solutions to our problems in the scriptures!

He was quickly able to teach my Mind-Body how to solve it's own problems and how to begin finding it's own solutions. My Mind-Body begin progressively and generatively improving our quality of life over time. Even long after the sessions and the trainings, my Mind-Body just kept improving in every area of life. My life kept changing so quickly and profoundly... I just had to learn how to master this!

We are so much more capable than we have been told, are aware of, and what we believe...

Over many years, this search for how good can life get is my growing motivation to continue searching for ever better answers. Robert had found a way to teach our mind to resolve our negative past and transform our negative beliefs and behaviors... Building on these principles, we have found the keys to unlocking the fullest potentials of our Mind-Body-Spirit! We are so much more than just our flesh...

We now have the tools and skills to help resolve virtually every problem, challenge and issue people face today. From resolving Stress and Anxieties, to Problem Behaviors including Addictions and Compulsions, to improving Health and Well-Being, to increasing our Mental, Emotional and Physical Performance, Automating Increasing Success and Awakening our GOD-Given Fullest Human and Spiritual potentials. We are now doing in hours and days what has taken many months and years to do.

"My people are destroyed for lack of knowledge;" Hosea 4:6

Using these tools and understandings we began helping many people just like you begin safely and gently awakening our Mind-Body's fuller potentials Mentally, Emotionally, Physically and Spiritually.

Just Let Us Know When You Are Ready for Your Amazing Life!

Please do visit our website and see what others are saying about their experiences...

If you or anyone you know is struggling with less than the life you want to live... We Can Help!

Just call us for your free 30 minute consultation to begin living your Most Amazing Life!

May GOD Bless!

Notes and Resources:

1. Dumbo's Feather: Dumbo is a cartoon elephant with long ears who can fly. The problem is, Dumbo doesn't believe he can fly. His friend Timothy the mouse gives Dumbo a 'Magic Feather' and tells Dumbo it will make him fly. As long as Dumbo holds the feather, he can fly. Walt Disney 1941

Professor Rupert Sheldrake PhD.: The Morphogenetic Field

Bruce Lipton: Biology of Belief

Candice Pert: Molecules of Emotion

Professor John Lorber Neurologist: Is our Brain Really Necessary? (Science Magazine 1980)

Dr. Lissa Rankin MD: Mind Over Medicine

HeartMath Institute: Heartmath.org

Karl Pribram: Holographic Mind

Don Miguel Ruiz: The 4 Agreements

Michael Talbot: Holographic Universe