

3 Easy Steps
to
Inner Peace
and
Enlightenment

by

Traci Brown

3-Time US Collegiate Cycling Champion

&

Personal Trainer for Your Mind

Published by
Ultimate Journey-Traci Brown, Inc
470 S. 40th
Boulder, CO 80305
www.TraciBrown.com

© Traci Brown

No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means except as permitted by Section 107 or Section 108 of the 1976 United States Copyright Act without the prior written permission of the publisher.

*"You are the handicap you must face.
You are the one who must choose your place."
- James Lane Allen*

Have you ever just stopped and listened? Listened to exactly what is going on in your mind? In this day and age, we think we don't have time for this. Usually there's so much going on upstairs that we can't even begin to tune in. When we do, it may be overwhelming, even painful. So we quit. People who talk to themselves are crazy, anyway. Right?

The fact is we talk to ourselves all the time. Only in few instances, do we make efforts to pay attention or purposefully get it to stop. Yogis & monks explain that getting our minds to stop places us on the fast track to enlightenment. They meditate for years at a time to reach this magical, mystical state of flow where they are totally aware of their surroundings, have few thoughts and everything in their world is in perfect balance. They've got inner calm and enlightenment. Who wouldn't want that?

There are times when all of us are enlightened. We may be aware of it at the time or we may not. These are times when we experience a magical flow, when we don't have to try and things seem to fall into place perfectly for us. Athletes tend to have a greater sense of this than the average person but everyone has experienced it.

Cyclists have reported sensations of feeling like someone is pushing them while they ride. Golfers explain, "When I swing I know the ball will land perfectly, exactly where I intended." You know the feeling, it happens in all areas of life. Up to now, these moments have probably been uncontrollable and fleeting at best.

What's the common denominator for all of these performances? A quiet mind. The little voice inside you simply takes a break for a while. You've shut off your internal dialogue

and are allowing your body to do what it already knows how to do, naturally. You trust yourself.

Unfortunately, most of the time, we talk to ourselves. We're not in an enlightened state of flow. Worst of all, most of our inner dialogue is negative-- up to 70% of it! We're constantly beating ourselves up, telling ourselves things like "I'm so stupid", "I can't believe I just did that". "I don't deserve that". We would never talk to our kids or friends like that, yet somehow we justify treating ourselves in this way. Many people are so used to this kind of self-talk that they aren't even aware they do it any more. It's become a habit.

Dan Millman says it best when he compares our mind, negative emotions and performance problems, bad habits or tensions in life to a sink overflowing with water. If your bathroom sink was plugged with the water running and overflowing onto the ground, you would probably turn the water off and then pull the plug to drain the sink. Wouldn't you?

Most of us leave the water of our negative emotions on and the sink plugged. We then go about 'mopping up the floor' by training more or hiring a different life coach or psychologist to correct whatever problem there is at the time, wondering why we can't perform the way we used to, be calm or live up to our potential.

What needs to happen is *paying attention* to how you're 'leaving the water on' and turn it off! Then you can pull the plug by learning from your emotions & letting them go. This will assist you in quieting your mind and your behavior will automatically and permanently change. You've got to turn that water off first!!

There are two kinds of people who stop and pay attention to their inner dialogue: The people who find their talk so overwhelming that they can't take it any more, and people who are choosing to create excellence in their lives. Sometimes these people are one in

the same. You will find it useful to tune in and *pay attention* to what it is you tell yourself on a minute to minute basis, especially when the going gets tough.

What do you tell yourself when it's time to get out of bed every day? Are you excited or something less? What do you tell yourself when you're stressed at work or in your relationship? What do you tell yourself when you look in the mirror every day? Do you tell yourself that you like what you see or not?

If you're an athlete, what's going on in your mind when you're being double teamed in the basketball game? What about when you are faced with a steep, icy mogul course? Or when you're running at your limit and someone attacks the field? Or when you see a big hill to climb on a course profile? Are you telling yourself that you can do it or something else?

What do you tell yourself when you are having a challenging time with your husband, wife or children? What do you tell yourself when you are stressed at work or sitting in traffic?

Remember, your unconscious mind is constantly eaves dropping on your internal dialogue. It takes what you say personally. It totally looks up to you and loves you the way a younger brother or sister would an older sibling. It will do it's best to assist you in getting the job done.

When you are telling yourself how terrible you are, how much you suck and how difficult it will be, you're actually assisting that to happen over and over again.

There was once an NFL defensive player who at the time was in his 2nd year in the league. He was not too happy about mainly standing on the sidelines or only being on special teams during the games. Despite all his training, attention to nutrition and rest, he was slowing down in practice and getting career threatening injuries.

After answering a few key questions, he became aware that he truly felt that he didn't deserve all the money he was making. Every time he received his paycheck or looked at his bank account balance, he told himself "I don't deserve this." Over his short time in the league, he began physically manifesting performances that proved he really didn't deserve that kind of pay. He learned that the phrase, I think, therefore I am, is really true!

Once he realized what was going on in his head as a belief, he was able to let that thought pattern go. He began believing in himself, telling himself "I am worth all of that money." His injuries cleared up and now he's one of the best in the league at his position. Now he even has a Superbowl ring earns more than four times as much!

This type of sabotage is common among just about everyone. We all carry around negative emotions, limiting beliefs & decisions about ourselves & our abilities. Many of us compromise our self worth and self esteem constantly.

If you listen closely to yourself, your family and friends, most of them have excuses about why they didn't accomplish their goal or perform the way they wanted to. Perhaps they don't believe they're smart enough, or talented enough, or have placed some other limitation upon themselves.

These are all things we come to believe over the course of events in our lives that are not necessarily true. Our unconscious mind buys into it and makes it true for us. The kind of awareness of what you're telling yourself doesn't happen over night. It can be especially challenging to tune into what you're *telling* yourself when you're *feeling* a certain way.

The more you pay attention, the easier it will become. You are a beginner in the learning process. It may be uncomfortable at times to admit to yourself things about your behavior or thoughts that are less than flattering. Know that the more real you can be with yourself, the better you will be able to create real, permanent change.

For example, my first house was a ‘fixer-upper’. After investing lots of time and money making the inside lovely, my motivation and energy ran out for landscaping. The yard remained full of weeds for a few years.

Suddenly I became motivated to change. This inspiration to change was 2 fold. I did some personal change work as detailed in the Goal-Setting-Genie.com website. Then one day, as I was thinking about beginning to work the yard, a good friend literally barged in my house & got tough with me to finally get me in gear for the project. As I sat on the couch watching TV, he yelled, “Why are you living like this?! This place looks like a crack house!” That afternoon I was off the couch, out in the yard beginning to get it in shape.

Once the yard was sodded and looking spectacular, I realized how disgusted I had been with it in it’s previous condition and how horrible it made me feel every time I looked at it. To look out and see it green & nice made me feel so relaxed & great!

Do you have any area of your life like that? What area could use some attention right now? What area isn’t working that maybe you don’t even realize? How is it negatively affecting your energy & performance in your life? Does it make you grumpy or angry? Are you carrying that energy over into other areas of life?

When you’re ready to improve your life, these 3 steps will assist you in creating clarity, focus & motivation. They will give you a road map for your personal development and the tools to make deeply unconscious, positive change.

3 STEPS to Change Your Life & Reach Your Goals:

Step 1: TUNE IN

It's time to find out exactly what's going on in that head of yours. Are you holding yourself back? Do you justify your negative emotions? Are you 100% focused on what you want?

Your job is to find out.

Do This: Take a specific time, 20 minutes, 1 hour, 6 hours, maybe an entire day, simply tune in to what you tell yourself about everything you have done, are doing or will do.

For example, notice how you feel & talk to yourself when you're sitting in traffic. What do you tell yourself when you have a great training session? What do you tell yourself when you make mistakes or have a less than stellar day? What do you tell yourself when your boss or coach wants to 'have a talk with you' about something that's gone wrong? Do you dread the future?

Are you angry about something in your past? Do you say things like "I'll do better next time" and let events roll off your back? Or do you hold on to it, going over & over it in your mind, beating yourself up over the mistake?

How do you *feel* about what you are saying to yourself? Does what you are saying make you feel small and insignificant or does it make you feel big in the world? Start to notice patterns.

Step 2: ASK

Ask yourself, "What mental programming must be present for me to have these emotions or beliefs?" Did you buy into someone else's beliefs about you? These could have come from a parent, family member, teacher or friend. Did you make a certain event mean something about you?

Sometimes things happen and we make it mean that we're spectacular or something less. That we're not good enough or don't deserve good things.

Great spiritual teachers say that you are more than any belief you could ever have, you're more than any event that could ever happen to you. You're a being of light. Once you've discovered what some of your negative programming is, it's time for you to let it go & quit carrying around. When you do your energy & behaviors will change for the better.

Step 3: MEDITATE

If you have not meditated before, try opening yourself to the possibilities it offers. Meditation can be a great way to calm your mind and let go of old beliefs. More than 5 million people per day practice meditation. It will allow you to tap into the source and supply of all creation. The truth is that no matter what your current circumstances or beliefs, if you can imagine something different for yourself, you can create it. And it's easier than you think.

Just start out simply. Sit down in a quiet place and take 5 minutes to focus on your breathing. Breathe in deeply through your nose and out through your mouth. Make your 'in' breath quicker and shorter than the 'out' breath. Have your 'out' breaths be about 2x longer than the 'in' breath.

Do 4 sets of 4 breaths then take a short rest & breathe normally. Then do another 4 sets. As thoughts come in, notice how you can learn from them & then let them go. Notice how you can find the truth about old beliefs & create new ones.

Over time this will allow you to experience a dimension of the universe that's hard to experience in typical everyday life. You'll start to feel & navigate with your inner senses as opposed to reacting with your external senses. You'll find the peace and calm necessary to reach your goals easily and effortlessly.

These 3 steps are practices to adopt into your life. Not a quick fix. Take your time as you tune into yourself, answer the questions & learn to meditate. You'll thank yourself for it!

Do you need assistance to make these 3 steps work for you? When you're ready for rapid results that will improve every area of life: finances, relationships, eliminate bad habits and personal development, there are several options to assist you down your path.

Personal coaching is a great way to accelerate you towards your goals. Customizable, results-oriented programs are available to assist you in reaching success in every area of life.

Now, just go to <http://www.goal-setting-genie.com/> to find out more about our outstanding free information, [e-books](#), [audio](#) & [coaching programs](#) to create rapid change and lead you to health, wealth & happiness.