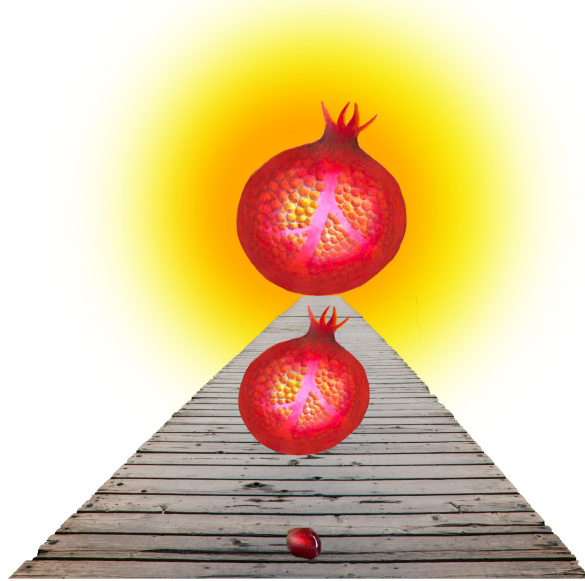


Evolution Of Self



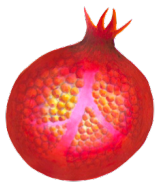
With BrittTanya

Welcome to - How To Make The Most Of Being Human

ABOUT ME

Britt is a Consciousness Coach and trainer accredited with the International Coaching Federation (ICF) to the level of Professional Certified Coach with over a 1000 hours of experience. She is an advanced Ho'oponopono Practitioner and she is on the faculty of Bath Bridge Future Talent Program and has recently been a board member of the ICF UK.

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How This Course Works

I have designed this course to take you on a journey. Each week you will have access to all the videos for that week. Because of the way that our minds work and that for real change to happen information cannot just be learnt but must be experienced for it to be believed. I ask that you only watch the video that has been created for the day you are on in the course. For example watch day 1 on day 1 and then day 2 on day 2. If you miss a few days rather than trying to catch up by watching more in 1 day just start where you left off but only watch 1 video that day and go from there. If you want a whole bunch of them in one go you will not complete the exercises and will not get the full benefit. At the end of each week I have created a little test for you. This test is not for me to judge how well you are doing but rather for you to see if you have fully grasped what I am sharing with you. The more you engage with the daily exercises that more you will embed the ideas and the more you will make steps towards becoming more conscious and living a more conscious and self aware life.

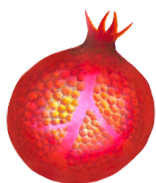
WEEK 1

In week 1 we will be looking at how our human operating system works and setting the ground work for the rest of the course. You will learn about your subconscious and why so many of us live an automated survival based life.

This workbook will take you through a check in and intention setting which will help you to get the most out of this course.

CHECK IN

What do you need to do to ensure you make time to do and complete this course? (Courses only work when you invest your time and energy into them)



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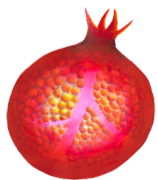
INTENTION SETTING

By setting intentions you are guiding your thoughts and actions and will be more likely to achieve what you set out to. What would you like to walk away from this course with? How committed are you to achieving this?

1.

2.

3.

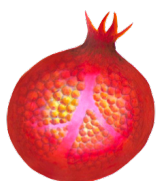


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Day 1 - What Is The Automated Survival State?

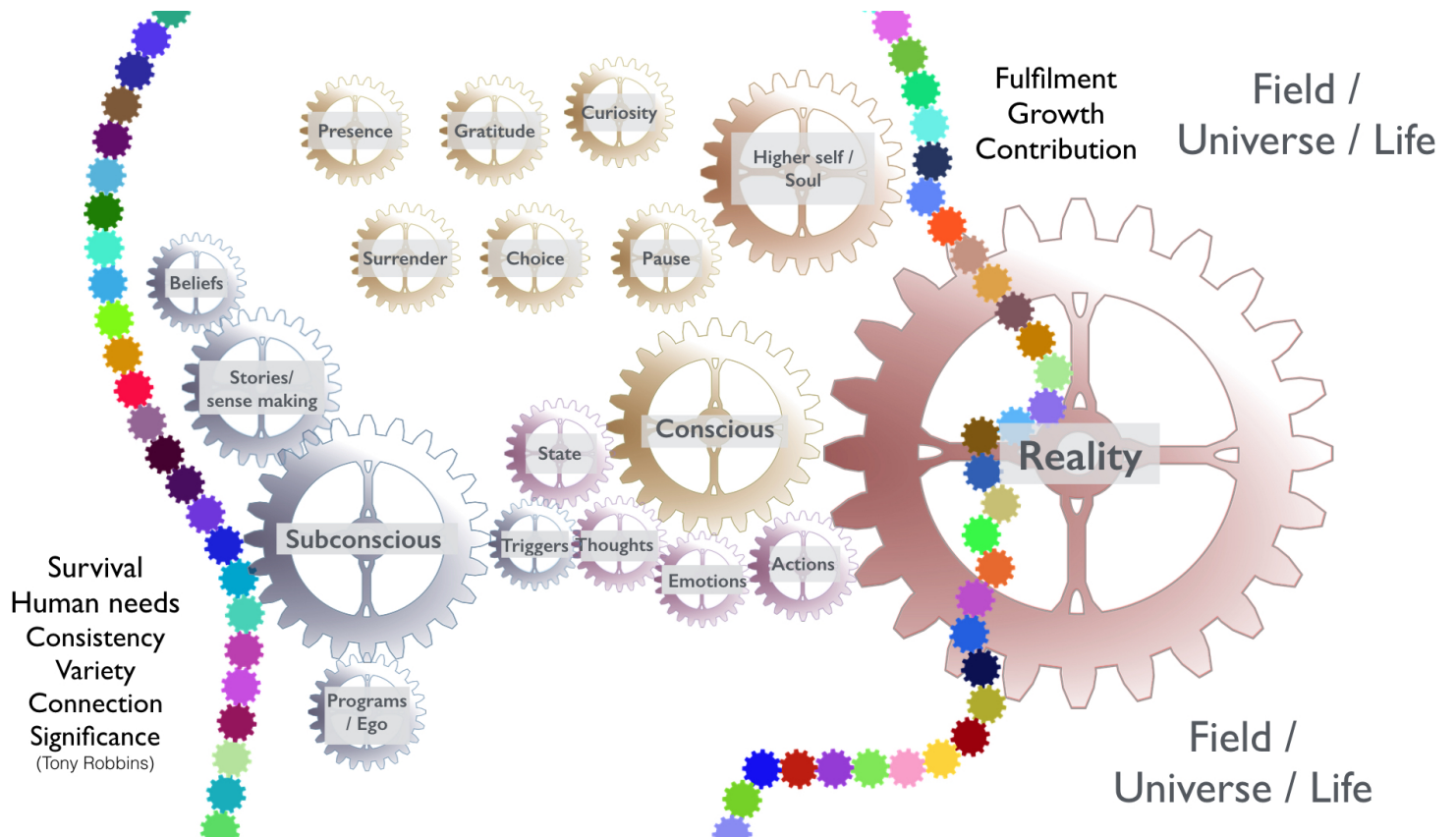
In the video on day 1 I shared a slide which I have added to your work books below so that you can reference it as we go along. The elements of what I said in the video that are important for you to know are;

- Your subconscious mind's priority is to ensure your survival. It is incredible at doing this, you only need to see how many people there are in the world to realise this. However the programs and beliefs it has created in your life time may not always mean that you are happy, fulfilled and at peace.
- Your subconscious mind processes all the information you have ever experienced. It processes roughly 11 million pieces of information per second. Compare that to the estimate for conscious processing: about 40 pieces per second. If you were conscious of all this information you would be so overwhelmed that you would not be able to do anything else.
- Your human needs are (as designed by Tony Robbins)
 - Consistency - To ensure that you have everything you need to survive the next day, month or year
 - Variety - To ensure life does not get too boring and stagnant
 - Connection/love - to know you belong and are loved
 - Significance - To know that you are special and important
 - Growth - to evolve as a human and as a soul
 - Contribution - to know you have something of value to give back to others or society
 - Fulfilment - Tony Robbins does not mention this but I think it is a major driving factor in life although we have mistaken it for striving for happiness which as I explain later on is not attainable on a long term basis.
 - Our thoughts and emotions are ways our subconscious uses to get us to act in alignment with our programs and beliefs. We are also aware/conscious of our thoughts, emotions and actions and once you become aware of your beliefs and programs it is here that you can first start to make changes to living more consciously and in a more self aware way.



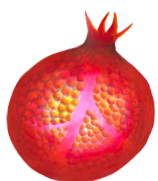
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Day 1 Actions

Day 1 - At the end of the day reflect on your opinions, thoughts and emotions throughout the day and observe how they effected your actions.



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Day 2 - Where Your Thinking Comes From And How It Effects Your Reality

95% of your thinking is created by your subconscious. It is created from;

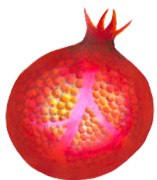
- Every experience you have ever had
- Form the society you grew up in
- From the culture you grew up in
- From the family you grew up in
- The schooling you had
- You cannot create a new reality with your normal thoughts as 95% of the thoughts you think are created from your subconscious which draws on past experience and events and tends to repeat them in loops.
- There are however 2 other types of thought which can when used properly start to create new realities.
 - Conscious thought
 - Conscious thoughts are when you make choices that are not in alignment with how you have behaved in the past. For instance if you don't exercise that much and then you decide you are going to exercise. Your subconscious thinking will most likely create resistance by saying it is going to be hard, you are not going to be any good at it, you will make a fool of yourself and so on. Your conscious thoughts will be the ones that choose to do it anyway. They are the thoughts that change how you have always behaved in the past and create a new reality for you.
 - Inspired thought

- These thoughts do not come from your mind they come from outside of yourself, Source, God Allah or something such as this.. You can see that this is the truth because when you have one you cannot trace where it came from. To be able to receive inspired thoughts you need to create space to be able to receive them. You cannot receive inspiration when you have a full, busy or stressed mind. Ways to create space in your mind are;

Meditation

Mindfulness

Being Present

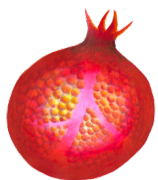


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Day 2 actions

- Carry a note book and note down what you have been thinking about throughout the day.
- At the end of the day look through your list of thoughts and identify which of the tree types of thoughts you were thinking. Try to observe how most of your thoughts are loops of subconscious thoughts that you will have thought many times in one form or another.



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Day 3 - Why You Have Emotions And What They Are For

Emotions are very useful and they give us feedback on what is going on in our reality. Suppressing emotions makes us numb and disconnected from reality. If our emotions are too heightened we will constantly be being triggered and this will be exhausting.

The word emotions comes from the latin for out and move. I say this because our emotions are there to cause us to move and take action. Either to move you towards pleasure or away from pain and to ensure you get your human needs met as discussed on day 1.

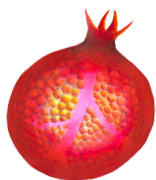
Emotions are triggered by external influences

- beautiful scenery
- interactions with people and events
- Exercise
- things you watch or listen to on TV, social media or radio
- Food
- Alcohol
- tobacco
- drugs
- and so on

Emotions by their very nature are transient and do not last. Once they have served their purpose or some other stimulant comes along they change.

Emotions are not good or bad they are just feedback from your reality to you. Your subconscious uses your emotions to get you to behave in a certain way and also as feedback in creating programs to move you towards pleasure and getting your human needs met and away from pain.

Happiness is an emotion and as I have explained emotions are transient. It is not possible to be happy all of the time and in our drive to try to be happy all of the time we have created a consumer culture where we try to constantly feed ourselves experiences to generate the emotion of happiness. Later in this program I am going to talk about fulfilment and I think what we really seek is actually fulfilment rather than happiness and this is achieved in a very different way and is not an emotion but rather a state of being, but more about this later.

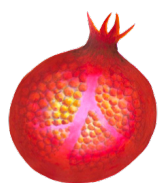


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Day 3 Actions

At the end of the day look back though your day and notice what emotions you felt and how often you had a different emotion. Observe how your emotions caused you to act in certain ways.



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Day 4 - How Your Subconscious Programming And Beliefs Work

Programming - created in response to external experiences

- These are like computer programs that are created to shortcut repetitive processes that would otherwise take a lot of time and effort.
- Programs are created by our subconscious to shortcut the linear thinking process. If we experience something that threatens us instead of having to go through the same linear thinking process each time we encounter a similar event we create a program. Without a program there would be no learnt behaviour and we would most likely die off as we would make the same mistakes again and again.
- A program has a trigger.
 - This could be a sound, smell, taste or feeling. This then creates a reaction which in the case of a negative program would trigger our reptilian brain and it's fight flight or freeze mechanism.
- Not all programs are for negative situations some programs are created to get us more of what we perceive to be good. People that are pleasers are behaving in response to a program that is designed to get them to be loved or accepted.
- The greater the emotion linked to the event the stronger the reactions the program will create in you.
- You can recognise when you have had a program triggered when you feel strong emotions

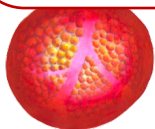
Beliefs - created in response to society and are learnt from others

- The response to a belief creates the experience of what is believed and reinforces the belief
- You can recognise a belief when you feel defensiveness and try to defend your belief

Day 4 Actions

Review your day and find where you have had

- 1 - a program that has been triggered
- 2 - a belief that you are attached to



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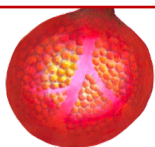
Day 5 - How To Make Sense Of The World And The Real Truth

Our mind is constantly trying to make sense of the world so that we know how to behave to ensure our survival.

- Sense making happens automatically and is not always the truth. When something happens to us that we do not understand or cannot make sense of our subconscious tries to rationalise it and using its historical data comes up with a story that it thinks makes sense. This story is not always that truth and yet we are unaware that is it not because the sense making happened subconsciously without us being conscious of it.
- These stories/sense making we have created subconsciously go on to create the beliefs we have of ourselves. Beliefs of whether we are good or bad, acceptable or not, clever or stupid, lovable or unloveable. And they are not true.
- Who you are at your core is pure source and love. It has been my experience that everyone is this. The only thing that makes us believe otherwise is the sense making we have done over the years or the buying into of other peoples beliefs that we then make our own.

Day 5 actions

Think about what you don't like about yourself and try to remember back to when you first thought or felt this. Experience this as you did as a child but then step back and look at the event with adult eyes. Ask yourself what your intention had been and who you had been being when the event happened. If you find this emotionally challenging do not press yourself and reach out for help.



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Day 6 - Ego/Identity And How This Is Not Your Truth

Your ego is your identity and your personality

- It is made up of your experiences and beliefs as you have gone through your life
- You created your personality to ensure that you get your human needs (talked about in day 1) met. You will have done this by absorbing how those around you got theirs met as well as through experiences you had and beliefs you developed.
- You will have similar behaviours and traits to the people you grew up with or who your biological parents were.
- Someone with the same trait or behaviour is not always trying to get the same human need met as someone else. These are very personal motivators and unique to the individual.
- Your personality is made up of behaviours and some of which you are born with and some of which you learnt. All of them are there to help you get your human needs met and they are not who you really are. This means that you can change them and create ones that you think would better support you in being the person you really want to be and still get your human needs met.
- If you were to let all of these go you would not cease to exist but would be left with the truth of who you really are.

Day 6 actions

Identify behaviours that you do not like about yourself and explore what human need you are trying to achieve through this behaviour. Then ask yourself if there is another behaviour that you could choose that would be more in alignment with who you want to be and would still get your human need met.



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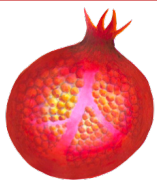
Day 7 - Identifying Your Triggers And What They Are Trying To Tell You

A trigger is created by your subconscious in response to a received pain or a real pain and is there to move you away from this pain or protect you from it. Triggers work by creating an intense emotion in us that then causes us to take action.

When we are triggered we tend to externalise the pain by blaming someone else or getting angry with someone else as pain is by its nature painful and we don't want to feel it. Externalising pain will never actually remove the pain. The only way to do this is by stepping into the pain but I will go through this with you next week.

Day 7 Actions

Notice when you are triggered. You will notice this by an intense emotion also try to observe the story you tell yourself when you are triggered. Keep this safe as I will go through how to defuse triggers next week.



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