Lesson Six: Resolving Signs of Unconscious Conflict

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In Lesson Five, I showed you the first aspect of Monitoring your progress after you have set your Target and Prioritized it.

Now, I’m going to show you the second aspect of Monitoring.

Both are critical to achievement of your Target.

Do you remember how, in Lesson Three, I pointed out that one of the more powerful things that we all know how to do is writing.

That when you write things down, you first mentally translate the intuitive signals created by your unconscious into words and then intuitively test to see whether the words you’ve selected match what those signals mean. When they seem right to, you put words on paper.

That as you write, you send visual, auditory, and tactile feedback to the various parts of your unconscious, your four brain parts.

That if those unconscious parts don’t agree with what you’re writing, you’ll get intuitive feelings that things aren’t right and usually scratch out or erase what you’ve written.

And that if this editing continues to the point where you get only positive intuitive signals about what you’ve written, the major parts of your brain are in at least preliminary agreement and you’re consciously satisfied with what you have written.

Well, the second aspect of Monitoring involves reading and rewriting to ensure that all of the major parts of your brain remain in agreement with respect to achieving your Target.

For example, in writing this Lesson, I knew that I wanted to tell you about the second aspect of monitoring and that I wanted the format of the lesson to fit easily with the first five Lessons of this course.

So I created a simple Target:
“It is 11AM on May 16, 2011 and I am sitting at my computer, doing a final read through Lesson 6 of the minicourse. I am extremely pleased with the clarity, rhythm and flow of the Lesson and with the fact that it only took me 30 minutes to complete it.”

Having done that, I started writing. But I soon stopped, staring at my computer screen for about 5 minutes. None of what I had just written worked and I couldn’t think of the right way to say what I wanted. I found myself wondering how I could easily and effectively get my point across to you. I felt frustrated.

That “writer’s block” and the feeling of frustration were clear signs of unconscious conflict. The words just weren’t coming.

So I went back to my Target and did the second aspect of Monitoring.

I read my Target over a couple of times, until I realized that what I had already written was okay but that something important was missing.

I realized that I hadn’t said anything about my writing process being easy, creative and flowing. So I did some rewriting, adding the missing words. Then I read my Target again and realized the frustration was gone. I knew exactly what to do.

The final result looked like:

“It is 11AM on May 16, 2011, and I am sitting at my computer, doing a final read through Lesson 6 of the minicourse. I am extremely pleased with the clarity, rhythm and flow of the Lesson and with the fact that it only took me 30 minutes to complete it, easily and creatively, the words flowing into my mind without any effort.”

I prioritized my revised Target by writing it out a few times – until I was raring to go.

And then I simply finished writing this Lesson.

And, by the way, as I complete my final read-through, I note that the time is 11:36 AM. And it’s still May 16, 2011.

My unconscious didn’t know that I wanted my writing process to be easy, creative and flowing until I told it so by rewriting my Target.

The conflict between what I consciously wanted and what my unconscious had set up for me was evident in a feeling of frustration and some writer’s block.

When I made things clear to my unconscious, it went to work to give me what I had consciously requested.
In similar fashion, your unconscious often needs your conscious input when trying to take you to achievement of your Target.

It needs more information.

So it rings your phone.

And when it does, you experience signs of unconscious conflict as various aspects of your unconscious and your conscious mind struggle with the situation.

If you don’t consciously give your unconscious the feedback it needs, you probably won’t achieve your Target. If you do, you’ll probably achieve it pretty easily.

So here’s a process for both “listening for the phone bell ringing” and giving feedback when your unconscious needs it.

1. **Each day, read over your written Target to see whether you experience signs of unconscious conflict such as the feeling, “that’s not quite right” or “I thought I really wanted that aspect of my target but now I realize I don’t” or “this is beginning to bore me” or “this is really a lot harder to do that I want” or anything but joy and enthusiasm.**

2. **Record, in writing, those signs of unconscious conflict on a clean piece of paper. In this step, you are “answering the phone,” telling your unconscious that you recognize it is sending you a message.**

3. **Read over your written Target to identify the specific words or phrases that trigger these signs of unconscious conflict.**

4. **Underline or circle the words or phrases that cause those feelings. This explicitly frames what triggers the unconscious conflict.**

5. **Rewrite the words or phrases that you have marked. In this very familiar editing process, you are instructing your unconscious to do what it has often done before: to invent alternatives to what you first recorded.**

6. **Continue steps 4 and 5 until all signs of unconscious conflict disappear and you’re left with only joy and enthusiasm when you contemplate your Target.**

   As you continue to edit, you are instructing your unconscious to keep coming up with more acceptable alternatives, bridging the gap between what you consciously want and your unconscious habit patterns.
7. Reprioritize your Target by reading or writing it until it feels like you are ready to get on with achieving it.

This usually only takes a few repetitions.

If you do this every day and if your Target is only moderately difficult, your unconscious will soon lead you to its realization, to successfully achieving your Target.

If, however, it doesn’t, that’s a sign that what you were attempting to achieve is too difficult for these very simple techniques and that you need the much more powerful ones called the Cybernetic Transposition Super Achievement Processes that are taught in my book.

This lesson was taken from How to Get Lots of Money for Anything - Fast! by Stuart A. Lichtman and Joe Vitale. For more

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