

# **“FOLLOW YOUR GUT”**

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What makes it so difficult for many people to make changes in their life is that they believe the result of their decision cannot be undone. The fact is, any excuse you can come up with – you can undo. If you ever find your gut battling your head save yourself the drama – your gut is right! Your excuses can be undone, you can make a “U” turn at anytime in your life.

This is how you grow, prosper and achieve; there is work you do at your level and there is work you do above your level. Advancement will never happen unless you push yourself to go in and make the ASK for that thing that scares you to death.

When you set a goal or have an intention on something you want to change or achieve in your life, your mind opens up a checklist and goes to work to remind you of the intention that you set.

You will want to develop the skill of knowing how to recognize that subconscious voice kicking in and leaning toward that intention quickly. We all have the instinct to be better, the desire to want more and change and have a better life and be happier.

The question is how do you go from knowledge to action? The first thing to realize is that the answers are within you. You need to pay attention! Every human being is wired with a brain designed to protect us from physical harm and pain. So, the brain will sabotage the initial instinct to take action if you take too long to think about it. Studies indicate that you have a 5 second window in-which you can move from idea to action before your brain kicks into full gear and changes your behavior. It is up to you to learn how to move from those ideas that can change everything into acting on them.

You must be in tune with your impulses and curiosity – this is your guide. You need to follow what you are naturally drawn to and you will get closer and closer to figuring out the path that will lead to the things you most want.

You are going to get bounced around a lot and there will be times that you may feel your ideas are dumb because it is going to get hard. It is usually in those moments when you feel like you cannot do it that you are closer than ever to getting the thing you want. You have all the information and resources to get what you want all around you.

All your power comes from your thoughts that flow through your mind. When it comes to talking about the mind, we need to get an image. Most people struggle getting an image and where there is no image, there is confusion and when there is confusion, we think about something else and that is why so many people stay stuck. It's the mind that controls the results and it's the results we want to change. If you are going to change the results, you are going to have to change what is going on inside.

Did you know there is a thought power flowing into our consciousness and we can think anything we want, but that doesn't necessarily change our behavior.

We have mental facilities inside and that is where all our powers lie. You will rise to a much higher level quickly when you understand these mental faculties and how to use them in your personal and professional lives.

We feel the way we feel because of the vibration our body is in. Our physical sensory factors, see, hear, smell, taste and touch. We are conditioned to live through those sensory factors.

Take a look at the higher faculties of the mind, there are 6 for you to consider:

1. The Reasoning Factor is the choice of your thoughts. This is the mental tool we think with. You can think any though you want.
2. Memory, this is your ability to remember experiences and results, which improves your choices.
3. Perception, this effect your point of view. You can size up a situation by adjusting your angle as well as allowing you to see another person's point of view.
4. Will, all legendary leaders have a highly evolved will. It's the will that keeps you focused on the objective.
5. Intuition, it is your intuitive factor that enables you to pick up on other peoples vibration or in other words their mood.
6. Imagination, this is the most powerful force known in all the universe. Your imagination can build any possibility – this is where the physical manifestation of any great accomplishment

An educated person is not necessarily a person with an abundance of general or specialized knowledge, an educated person is a person

who has developed the faculties of their mind that they can acquire anything they want or its equivalent without violating the rights of others. You can make quantum leaps through the transference of information and experience when you understand and can apply the great power within.

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