

Supplementary Report

Compliments of

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Understanding precedes change

Your mind is without doubt your most precious possession, but its amazing creative power is yours only when you have learned how to use it effectively. For example, a hammer and chisel can be used by anyone to break up concrete. But through practice and expertise the same tools were used by Michelangelo to create the statue of David. And so it is with your mind.

Although you have only one mind, it has two distinct parts and knowing the different attributes and functions of each part is essential if you are to attract to yourself the lifestyle you desire.

When you think something, you think in pictures. You don't think a thought in words. You think a picture that expresses your thought. Working with this picture will produce it into your experience.

- Grace Speare

To better understand how our mind works, we need an image to work with. This is because we think in pictures. Try it now. Think of your home and as you do, notice an image of your home comes onto the screen of your mind. Now think of a friend or a loved one. As you do, the home disappears and a picture of the friend or loved one appears. Now think of your mind. What image do you get? If you are like most people you probably don't get a picture at all. This is because no one has seen the mind. Some people get an image of the brain but your brain is not your mind. The brain is an organ located in a specific place whereas mind is an activity, located in every cell of your body.

The Stickperson

The Stickperson, illustrated on page 3, is probably the best concept in the world today to describe how the mind works. It is based on a model of the mind and body originated by the late Dr. Thurman Fleet of San Antonio, Texas in around 1934. We will use it in this blog to graphically illustrate the relationship of your mind with your physical body and the results you are getting in your life. Like many brilliant ideas, the concept is extremely simple, but don't confuse simple with trivial. The Stickperson will enable you to see, perhaps for the first time, exactly why you may be getting the results you don't want and not getting the results you do want.



The Stickperson

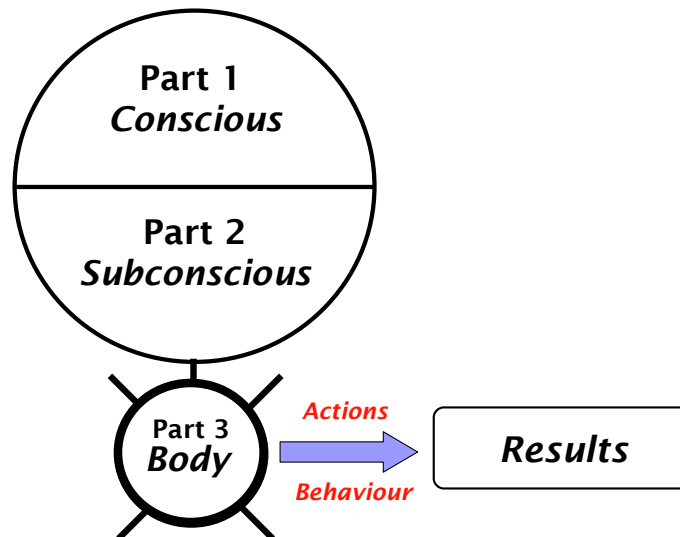


Figure 1

For the purposes of the graphic in Figure 1, part 1 represents your conscious mind. This is the intellectual or thinking part of your personality. This is the part of you that thinks and reasons. This is where your free will allows you to choose what you really, really desire.

Part 2 represents the subconscious mind or spiritual side of your personality, sometimes referred to as your Higher Self. The subconscious mind functions in every cell of your body and operates by law – the law of belief. Thoughts and ideas accepted by your conscious mind and repeatedly **im**pressed upon your subconscious mind form your self-image. Your self-image is what you, at the deepest level of your subconscious mind, **believe** to be true about yourself. You will have different beliefs in all areas of your life.

Part 3 represents the body. Thoughts and ideas **im**pressed upon your subconscious mind are automatically **ex**pressed through your body (the physical part of your personality) in actions and behaviour to produce your results. You cannot act differently to the way you see yourself (self-image) or what you believe you can or cannot achieve.

Key understanding

The intention behind the first 17 posts in www.magneticlifestyle.com is to help you understand the true cause-effect relationship for your results. The traditional model for success is based on an outside-in approach. It suggests the more we **do**, the better our results. And to our left logical brain this makes sense. But this 'doing more' approach is hard work and short lived because it's attempting to control effects (ie results) by focusing on effects.

The direct cause of your results is **not** what you do - your actions and behaviour - but the conditioning or self-image in your subconscious mind that automatically compels you to act and behave in the way you do. This is an important insight and the intention behind www.magneticlifestyle.com is to help you understand the cause of all your results, so you can become causal or creative in attracting the lifestyle you desire.

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For more information about Peter, visit his 'About Peter' page on www.magneticlifestyle.com