

TRANSFORMATION THE ADVANCED THINKING EXPERIENCE

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SEMINAR ONE

**MASTERING
THE POWER OF
YOUR MIND**

YOUR REALITY IS A CONSTRUCT

Your brain needs to make sense of the outside world. To do this, it creates a 'map' of that outside world.

To you, your map feels 100% real. It is your reality. But it's not real, it's a map of reality. If it was reality itself, everyone's map would be the same and we would all feel the same about everything.

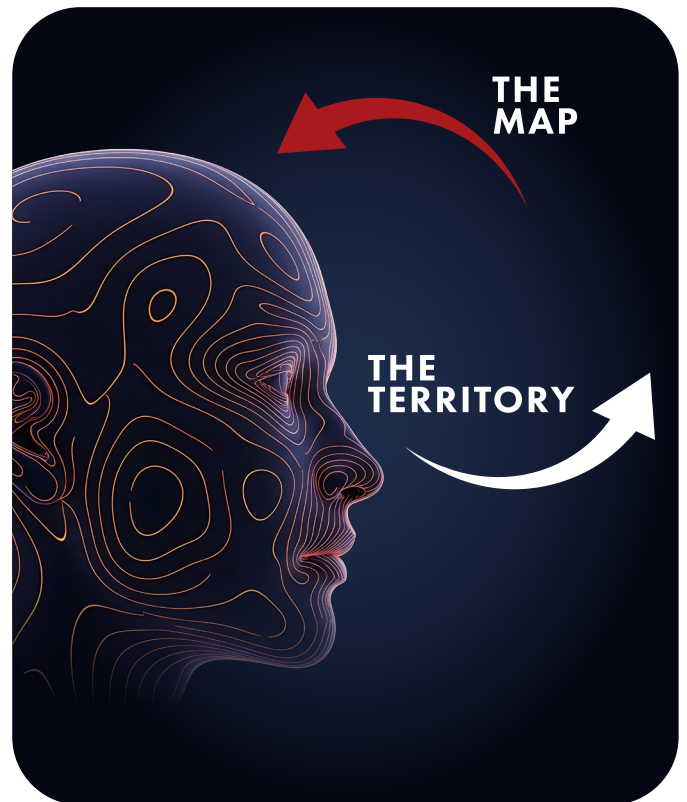
Your map of the world is something you've constructed to make sense of the world, probably unconsciously.

So most of what you think of as real is an internal reality that your brain creates.

For the parts of your daily experience that give you pleasure and joy, that's absolutely fine. You can either leave your 'map' as it is — or make changes to it that have you feel even better.

Freedom comes from understanding that the sources of pain in our lives aren't the outside events that happen to us — it's how we "map" those events that causes the problems.

For the areas where you experience stress, worry or emotional pain, this is where the real breakthrough happens. Because the moment you see that the source of your suffering isn't the event itself, but the way your mind has mapped that event, everything changes.



A map is not the territory
— Korzybski, “Science and Sanity” (1933)

Most human problems are caused by the maps in our heads. It is easier to change the map than the territory.

Or to put it another way:

“The ability to change the process by which we experience reality is often more valuable than trying to change the content of our reality.”

So if:

The map is not the territory

It follows that most human problems are caused by the maps in our heads.

It is easier to change the map than the territory.

HOW THIS CAN CHANGE YOUR LIFE

When you realise that your reality is something your mind has constructed—not an unchangeable external truth—you unlock an extraordinary level of freedom. The thoughts, fears and limitations that once felt fixed and unavoidable are revealed to be part of a “map” your brain created to help you navigate the world. And because you created that map, you can change it. This is where life shifts. Instead of being at the mercy of old interpretations, emotional reactions or unconscious patterns, you gain the ability to reshape how your mind represents events, challenges and memories. You begin to feel different, respond differently and create different outcomes. The moment you understand that it’s far easier to change the internal map than to change the external world, you gain a level of control over your life that most people never experience.

HOW YOU THINK

How do you Think?

The majority of our thought process works on 'automatic pilot.'

We were never shown how we think, so we never consciously intervene to change it.

Your thoughts lead directly to your feelings / state of mind which leads directly to your actions and therefore your results.

Your thinking consists of a combination of:

The Pictures in your mind's eye

and

The Internal Dialogue or Sounds in your mind

(primarily the conversations you have with yourself)

It's impossible for you to think about anything in the world without having some combination of

Pictures

and

Internal dialogue.

HOW YOUR THINKING CREATES YOUR FEELINGS

Thinking – Pictures and Internal Dialogue



Feelings

WHY IS THIS ONE OF THE MOST IMPORTANT LIFE SKILLS THAT YOU CAN MASTER?

Because your state of mind drives your life:

Feelings / State of Mind



Behaviours / Actions



Results

MIND EDITING

These pictures and sounds have run for years on automatic pilot. By taking conscious control of your mental 'strategy' that makes up your thinking, you can immediately change how you feel and how you respond to events.

Pictures:

- Size
- Distance
- Colour / Black and white
- Movie or still

Sounds / Dialogue:

- Volume
- Location
- Speed
- Tonality

Notes

YOUR PERSONAL ADVANCED THINKING INVENTORY

Think of a real life 'negative' experience. Give it a score out of 10 for how you feel when you think about the event. Adjust the following and notice what makes a difference:

Pictures:

- Size — Make it bigger / make it smaller
- Distance — Bring it close — push it away
- Colour / Black and white
- Brightness
- Movie / Still

Sounds / Internal Dialogue:

- Volume — Turn it up, Turn it down
- Location of sound/dialogue — Where is it coming from? What happens if it comes from somewhere else?
- Speed
- Tonality — Deep, high, fun, serious, etc.

Put a tick next to the ones that make the biggest difference for your partner. Have them play with them to get as close to zero as possible.

Repeat until they can clearly and easily manipulate their pictures and dialogue and control how they feel.

End the process close to zero.

Next, think of a real life 'positive' experience. Give it a score out of 10 for how you feel when you think about the event. Adjust the same elements.

Pictures:

- Size — Make it bigger / make it smaller
- Distance — Bring it close — push it away
- Colour / Black and white
- Brightness
- Movie / Still

Sounds / Internal Dialogue:

- Volume — Turn it up, Turn it down
- Location of sound/dialogue — Where is it coming from? What happens if it comes from somewhere else?
- Speed
- Tonality — Deep, high, fun, serious, etc.

Put a tick next to the ones that make the biggest difference for your partner. Have them play with them to get as close to zero as possible.

Repeat until they can clearly and easily manipulate their pictures and dialogue and control how they feel.

End the process close to ten.

MIND EDITING - THE SCRAMBLE TECHNIQUE

- 1. Think of a recent annoying, negative, or frustrating experience**
- 2. Give it a score from 0-10 for the intensity of the negative feeling**
- 3. Close your eyes and run it through like a movie in your head**
- 4. When you get to the end, run it backwards very fast like a cartoon at triple speed**
- 5. Repeat with cartoon music**
- 6. Repeat two more times – FAST**
- 7. Now think of the original event and notice how it's changed.**

HOW LANGUAGE SHAPES YOUR REALITY

One of the core ways we ‘map’ reality is through language. But the map is not the territory

- **Language is not reality – it’s a description of reality.** Just like your mental “map,” the words you use are only representations. They’re never the full truth. But your mind responds to those words as if they are the truth.
- **Language is full of generalisations, distortions and deletions.** Everyday speech removes detail, blurs distinctions, and lumps complex experiences into vague labels. This is efficient for communication, but disastrous for clarity and emotional wellbeing.
- **Vague language creates vague thinking –** and vague thinking creates vague results. When the words you use are fuzzy, your decisions, feelings, and behaviours become fuzzy too. “Everything is going wrong” creates a very different reality from “One situation today didn’t go the way I wanted.”

BEWARE TURNING VERBS INTO NOUNS

One of the biggest traps in human thinking is the way we turn processes into things. We take verbs – actions the mind is doing – and convert them into nouns, as if they were solid, permanent objects. This happens with words like stress, anxiety, depression. These aren’t fixed “things” that exist independently. They are descriptions of what your mind is doing in a moment: how you’re thinking, mapping, interpreting and responding to events.

When you turn a verb into a noun, you create the illusion of something you “have,” something outside your control. “I am stressed” feels very different from “I’m creating stressful pictures and dialogue in my mind.” One feels like an identity. The other feels like a process – and processes can be changed.

Noun-ing your experience makes it heavier, more permanent, and more daunting than it really is. Verbs keep you in movement, choice, and flexibility. When you return these abstract nouns back to the moment-by-moment mental processes that create them, you instantly regain power. You can change the picture. Change the dialogue. Change the meaning. And the “noun” dissolves because it was never a fixed thing – only a pattern your mind was temporarily running.

This is one of the most liberating skills in Advanced Thinking:

Stop treating temporary processes as permanent objects – and your freedom expands immediately.