

TRANSFORMATION THE ADVANCED THINKING EXPERIENCE

WITH CHRIS CARDELL

SEMINAR FOUR

**CALM,
CONFIDENCE
AND INNER
POWER**

SEMINAR FOUR: CALM, CONFIDENCE AND INNER POWER

WHAT WE'VE DISCOVERED SO FAR

1. Reality Is a Construct

Your experience of life is not a direct reflection of the world “out there.” It is an internal construction.

Every moment, your mind is taking information, filtering it, organising it, and presenting it back to you as reality. That internal reality is built from pictures, words, meanings, memories, assumptions, and learned patterns.

Advanced Thinking gives you the ability to recognise that this internal reality is something you are doing and creating, not something that is happening to you.

Once you can see how your internal reality is constructed, you gain the ability to unpack it, question it, and—where appropriate—rebuild it in a way that serves you better.

The map is not the territory.

Change the map, and your experience of life changes with it.

2. You Can Choose How You Feel

Feelings do not appear out of nowhere.

They are the result of how you think.

Your thoughts—both conscious and unconscious—generate emotional responses. When thinking remains automatic and unexamined, feelings feel uncontrollable. When thinking becomes conscious, choice appears.

3. Freedom

Freedom comes from choice.

At its deepest level, freedom means having the ability to choose how you feel and how you respond internally—regardless of people, events, or circumstances.

When that choice is unavailable, life feels reactive. You feel triggered, pulled, or controlled by what happens around you. Other people's behaviour, past experiences, or external situations dictate how you feel.

As soon as you reclaim choice, something fundamental shifts.

When you exercise choice consistently, you stop living inside the problem and start operating above it.

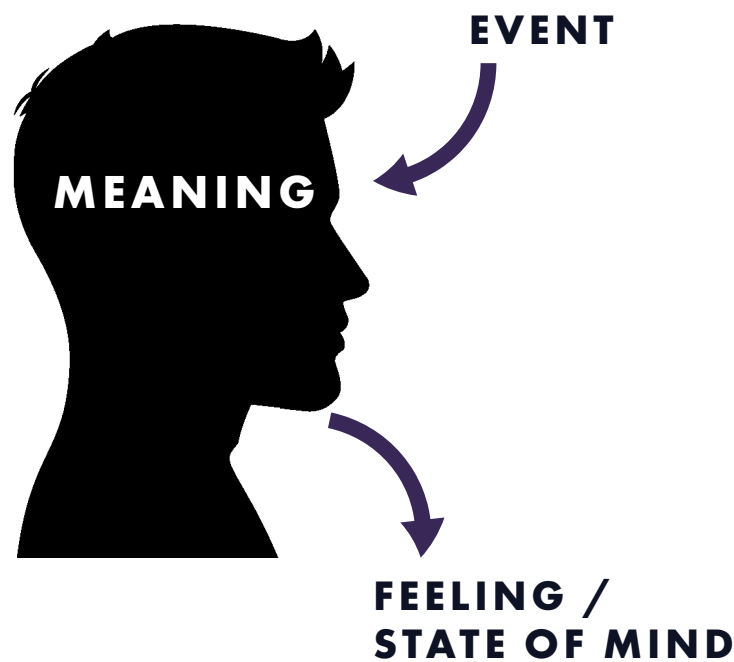
One of the fundamental ways we achieve that FREEDOM is by exercising the power to choose what things mean.

THE ULTIMATE FREEDOM IS THE POWER TO CHOOSE MEANING

Part of your 'reality' involves knowing what things mean. Your brain allocates meaning to everything that happens to you. It's a fundamental part of being human.

But your brain does this on automatic pilot, based on your past conditioning.

X happens and you feel a certain way because you know that X means Y.



That meaning is very real for you — but once again it's just part of your constructed reality.

One of the great powers you possess is to take conscious control of this process so you consciously **CHOOSE** what things mean.

This is all about **CHOICE**. If you can have more choice about the meaning you give to events, you will have far more choice about how you feel and how you react.

How do you do this? By becoming consciously aware of the meanings you've created over the years. As those meanings are just thought forms, ask whether they really work for you.

When you change the meaning, you also change how you feel, which will then change the actions you take and the results you get.

Nothing has any meaning until you create it.

Notes

Examples

You Lose a big sale.

What does that mean?

An employee / supplier does something that displays total incompetence

What does that mean?

You're overdrawn and they're asking for payment

What does that mean?

You're criticised by a colleague/competitor/customer

What does that mean?

You had a crappy childhood

What does that mean?

You try something new. It fails completely

What does that mean?

CHANGE MEANING PROCESS

For most of us, the meaning we give to events has become an UNCONSCIOUS process. So the first step for running your mind effectively is to become consciously aware of the meanings you associate to events — and if they're not working for you — change them.

1 Think of a situation where you were recently unhappy/frustrated/irritated/annoyed/upset

2 What meaning were you associating to people or events to enable you to feel that way

3 List three meanings that you COULD you have associated to those people or events. Include one meaning that empower you — and one that is funny. If you associate those meanings instead, does it make you more or less effective in that situation?

What are the meanings that you associate to:

- Men/Women
- Food
- Money / Wealth
- Success
- Failure
- Countries
- Age
- Authority
- Learning
- Artificial intelligence

**NOTHING HAS ANY
MEANING, EXCEPT
THE MEANING YOU
CHOOSE TO GIVE IT**

YOUR MULTIPLE OPTIONS FOR CHOICE AND FREEDOM

From everything we've covered so far, you now have multiple options on how to intervene to change your map of the world, choose you feel and master your mind:

1 Change the pictures and words that make up your thinking – either by changing them entirely, or 'editing' them by adjusting the quality of your internal pictures and dialogue. (Seminar 1)

2 Change your Physiology or your Breathing (Seminar 2)

3 Intervene directly at the level of your feelings and loop them backwards (Seminar 2)

4 Release unwanted feelings from the past using Time Line Technologies. (Seminar 3)

5 Change the meanings you associate to events in your life. (Seminar 4)