

TRANSFORMATION THE ADVANCED THINKING EXPERIENCE

WITH CHRIS CARDELL

SEMINAR SEVEN

**THE FUTURE YOU –
CREATING AND LIVING
YOUR NEW REALITY**

MODELLING WISDOM

One of the most powerful ideas in Advanced Thinking is that you do not have to wait until you are old to be wise. Wisdom is not a function of age; it is a function of how you think. We live on a planet with thousands of years of recorded history, philosophy, strategy, psychology and hard-won human experience. The patterns of what works — and what fails — are already known. By studying and modelling the thinking of the wisest people who have ever lived, and the principles they discovered, you can install better mental strategies now, rather than paying for them with decades of mistakes. In other words, you can borrow wisdom, model it, and start using it immediately.

ATTACHMENT / DETACHMENT

Have you ever noticed that the more you desperately want something, the less likely you are to get it? Yet when you're detached and carefree about wanting things, they tend to flow more easily.

In the quest for success, there is a subtle distinction between a driven, focused, passionate desire – and attachment.

Material things don't make you powerful. The attachment to them often does the opposite. Being happy with what you've got makes you powerful.

Example: Money

“Money doesn’t give you Freedom. Not needing money gives you Freedom.”

Notes

[illegible]

ACCEPTANCE

Accept people. When you let others stress you out... it weakens you.

Accept events that you can't control. Fighting them and stressing over them is a waste of energy.

Accept yourself. If your acceptance of yourself depends on how others accept you, you're rendering yourself powerless.

Even worse is trying to figure out why people act like they do.... it's a waste of time. It's even weaker to try to change them... first they won't appreciate it. Second they're never ever going to change. When you accept the reality that people are not going to conform to how you want them to think and act, you reduce your stress and increase your power.

Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

EXPECTATIONS

Expectations are a form of belief. Your expectations are your rule book for life.

They tell our brains when to feel good and satisfied — and when to feel irritated, angry and frustrated.

As with many elements of our thinking, our expectations run unconsciously and you've almost certainly selected them without being aware that you were doing so.

The areas that we tend to have expectations about include:

- **Relatives**
- **Partners**
- **Children**
- **Friends**
- **Neighbours**
- **Work Colleagues**
- **The Boss**
- **Customers**
- **Suppliers**
- **TV shows / Films / Arts / Food**
- **The Weather**
- **Customer Service**
- **The actions of Governments**

The one thing that those included in the list above have in common is that they are almost totally out of your control.

You have very limited influence over events and people. You have total influence over your own expectations.

IMPORTANT: There's a big difference between an expectation — and a desire for a certain outcome that you act on when that outcome does not happen. One way to change how you feel about challenging situations and people is to change the world and the people in it. Good luck with that one!

Another way is to change your expectations — ideally lose your expectations. They do nothing for you except set you up for disappointment and frustration.

Notes

POSITIVE INTENTION

One of the most useful principles in Advanced Thinking is the idea of positive intention: that all human behaviour is driven by an attempt to achieve something positive for the person, even when the behaviour itself looks irrational, destructive, or harmful. People do not wake up in the morning trying to ruin their own lives or other people's lives. They are always trying to meet a need, avoid pain, feel safe, feel important, feel in control, or feel connected — they are just often using very poor strategies to do it. When you start to look at other people through this lens, you stop taking their behaviour so personally. Instead of seeing “difficult”, “selfish” or “unreasonable” people, you begin to see human beings running strategies that make sense to them, even if the outcome is bad. This instantly reduces stress, anger, and frustration — and gives you far more influence over situations and relationships.

The same principle is even more powerful when you apply it to yourself. Your habits, reactions, procrastination, self-sabotage, or emotional responses are not evidence that you are broken or weak — they are evidence that some part of your mind is trying to help you in the only way it currently knows how. Every behaviour is attempting to do something positive for you, such as protect you, keep you safe, reduce discomfort, or avoid risk. The problem is never the intention; the problem is the strategy. When you understand this, you stop fighting yourself and start upgrading the strategy instead. This is one of the fastest ways to create change without using willpower, discipline, or self-criticism.

- People always act to:
 - Avoid pain or discomfort
 - Gain pleasure, safety, or security
 - Feel in control, significant, or accepted
 - Protect themselves from perceived risk
 - Get some kind of emotional or practical payoff
- The intention is positive.
- The strategy may be outdated, clumsy, or destructive.

Real change comes from keeping the intention and finding an alternative way to meet that intention

CREATING YOUR FUTURE STEPS FOR PUTTING A SINGLE GOAL INTO YOUR FUTURE

- 1** Be sure the goal is specific and achievable
- 2** Get the last step:

“What is the last thing that has to happen so you know you got it?”
- 3** Make an Internal Representation:

Picture
Sounds/internal dialogue
Feeling (loop the feeling if you need to make it stronger)
- 4** Step into the Internal Representation — Associate
- 5** Adjust the qualities — bigger, brighter etc
- 6** Step out of the Internal Representation
- 7** Take the Internal Representation and float above now on your Time Line
- 8** Float out into the Future: Take the Internal Representation and float above the Time Line out into the future.
- 9** Insert the Internal Representation into the Time Line: “Let go of the Internal Representation and let it float right down into the Time Line.”
- 10** Notice the events between then and now re-evaluate themselves to support goal.
- 11** Come back to now.