

WHAT YOU DON'T KNOW **YOU DON'T KNOW**

How Your Brain and Mind
Keep You Stuck




ALI BIERMAN

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Ali Bierman

This gift shows you the next step after you finish reading
What You Don't Know You Don't Know

<p>A Special Report by Ali Bierman</p> <p>Be Happy First To Create Health and Success</p> 	<p>In this report you'll discover:</p> <ul style="list-style-type: none">• 5 Reasons To Choose Happiness Over Worry And Fear• 5 Tips To Bring Joy To Your Life• 5 Tips That Let You Sleep Peacefully Every Night• 5 Tips For Loving Yourself First – You Matter• 5 Tips To Stop Feeling Crummy And Take Charge Of Your Life Now
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Introduction

This introductory work offers some insights into why your world looks like it does and what you can do to begin to change it. As with anything, the more you learn and *apply* the more your life will change leading to happiness and health in all areas.

Grab a glass of water and get comfortable.

This may be a short read but it can trigger profound long-lasting results...when you apply what you discover.

Life is an adventure to savor in every moment. Enjoy the journey!

Chapter 1 Creating Your Life Your Way

Whatever I say is not The Truth." I can only live and relate to life through my own experience. I live in my truth. That my truth is shared by millions of people does not make it more or less valid. It is simply my truth. So, as you read this book take what fits, try on some new behaviors to see how they feel, and forget the rest.

You already create your life your way.

You see, in every moment of every day you live exactly the life you want to live. "No way!" you exclaim. Well, actually you do. And I will tell you how and why in a moment

Do you ever question why your world comes out the same old same old every day even though you wish and hope and positive think it to be different? You hear quantum physicists talk about the infinite possibilities that exist. Yet every single day you live in the same world. So where are those infinite possibilities?

What you do not know you do not know is going on inside you dictates every choice you make. All of those choices happen automatically, without awareness. Living *consciously constantly* can change your world instantly. Yes, instantly. No waiting. *Right now!*

"How can that be accurate?" you wonder. Your brain and mind respond to and obey every order you utter without question. Did you know you constantly and relentlessly give orders about how to feel, think, and act?

Well, it gets even better.

Your wonderful reptilian brain serves to keep you safe. How? By keeping you in, what you have unconsciously learned to accept as (huge misnomer here!) *your comfort zone*. How do you stay in your comfort zone? "No changes! Thank you very much."

In other words, your reptilian brain serves to keep you stuck.

Please know that your brain did a superb job of keeping you safe when you were a child. But now the messages that run you may no longer apply. In fact, they hurt you.

Chapter 2 How the Brain Works

Located at the base of the brain, the brain stem is the reptilian or primitive brain. It directs information to the rest of the brain. Its main function is to be a director and protector. Here lies our survival mechanism.

Working as a filter, the reptilian brain scours all the information, all the stimuli in your environment looking for anything and everything that could possibly go wrong.

The Commentator you hear resides here. What Commentator? The one talking to you now asking, “What Commentator?” The one that has been making comments all through this book and your life. That Commentator!

When you are happy that Commentator is alerted and goes looking for the something that will end your happiness. It will tell you this is too good to be true, or it won’t last. That Commentator wants to protect you from disappointment.

Yes, your survival mechanism is based on fear of every little thing. Your Commentator is always working in what it believes to be your highest and best interest.

So long as you maintain your life as is, no changes, the Commentator believes nothing bad can happen to you. Even if your life involves being beaten mentally or physically, the Commentator wants you to stay in your “comfort zone” or more appropriately, in the words of counselor Tim Shear, your “know zone.”

Your reptilian brain sees the known as being better than the unknown! It tries to figure out how you can be happy or how you can be this or that.

The fact is, you cannot “figure out” how to be happy. You simply *be* happy. There is nothing to think about.

Now, if you do not know how to *be* happy, go to someone who you consider to be happy. Do exactly as they do, and act as if you are happy. Guess what – you will *be* happy!

I bet you know at least one person for whom everything always goes right. That person chooses to make life easy.

It isn’t as if that person has no Commentator yapping all the time. What is different for that person is he knows how to keep that Commentator quiet and at bay, so the Commentator has little impact on how he lives his life.

How do you know when it is the fearful Commentator talking to you as opposed to your intuition that you *want* to listen to?

The Creator made life so simple. Talk to the voice. If you get a reply, then you are talking to the Commentator, which means you will hear all the fears about how unsafe whatever you are contemplating or actually doing is.

At 1500 words per minute, you can carry on one doozey of a conversation with that Commentator in your head.

On the other hand, when your intuition tells you something, such as “Take a different route to the store today,” and you ask it why, you will not get a response. Your intuition

does not carry on a conversation. Later, you may learn there was a flood or an accident on the usual route, and traffic was backed up for hours!

Your intuition deals in guidance rather than explanations.

I used to admire people who smile all the time. Then it occurred to me that I already am a person who smiles all the time. I just didn't let myself know it so I had failed to inform my face of that fact.

When I choose to be a person who smiles all the time I just smile all the time. Nothing to figure out. Nothing to ponder. Instant results!

It takes a while to form a new habit, so I still need to remind myself to smile. Smiling feels really fine!

When you were a child, the Commentator started telling you things like, "You can't climb a tree because you might fall out of the tree," or "You shouldn't use a sharp knife because you are too little and you might get hurt."

Those messages served an important purpose when you were a child. They did keep you safe. Now that you're an adult, those "rules" no longer serve you. In fact, they hold you back.

Think of it this way, fear is the anticipation of pain. The reptilian brain exists to protect you from feeling pain.

The Commentator will never go away. You can quiet it. I will explain how later in this book.

That Commentator once belonged to your parents, family, friends, and teachers of all kinds. You heard their voices so often their messages became ingrained as part of you, or at least you act that way.

The thing is, at some point the Commentator's voice quit belonging to your family and friends and became your own voice. Now you tell yourself those fear-laden messages over and over and over again, ad nauseum!

You may ask, "If that Commentator never goes away, then how can I move forward with my life?" You know that answer. Think more about what you *want* than about what you *don't want*.

The key word here is *think*. What you think causes you to experience emotions that feed your habitual way of being. I will tell you more about how to quiet that Commentator later.

Doubt is a great protection. Doubt and indecision keep you stuck in your comfort zone, seemingly safe.

Worry fools you into thinking you are doing something about a problem.

I used to be a worrier. I come from a long family line of worriers. When my son was a teenager, one day he said to me, "Mom, why do you worry? If you can do something about it, then do something, If you can't, then what is the point of worrying?"

Those words changed my life leaving me free to notice when worry came into my life and either act or cancel it right away!

Another way to look at the Commentator is to consider that it does everything it knows to maintain the status quo. When events happen, it immediately creates an interpretation it labels the truth rather than simply recording what happened.

Events just are. Events don't happen *to* you. They just happen. People don't do things to you. They just do things.

Interpretations lead to feelings, which lead to judgments, which lead to actions or the lack of action.

The fact is, you tell yourself your *interpretation* so often that, after a while, you forget what really happened, and you live as if your *interpretation* is really what happened.

In other words you live in *your truth* about what happened rather than in the *reality* of the event.

Personal *truths* can keep you from living life. They impose barriers and self-limiting beliefs.

Candace Pert, Ph.D., researches body chemistry at Georgetown University Medical School. She discovered the feel good peptides and the feel bad peptides that are essentially chemicals released by the body during times of corresponding emotions.

Dr. Pert explains that people become addicted to their emotions – chemically addicted. For such people change means facing chemical withdrawal.

Another key player in the brain is the Reticular Activating System (RAS). Our environment is filled with stimuli. If you've seen the movie, [What the Bleep Do We Know](#), you may remember that four billion bits of information fly by us each minute. The RAS allows you to screen out all that is not important to you and to focus on what you care about.

The RAS lets us switch back and forth between our phone conversation and the conversation in the room, for example.

Your RAS will continually draw your attention to whatever you think about. When my daughter was auditioning for conservatories as a dancer, she suffered an excruciatingly painful back injury.

Suddenly, every place I looked I found books, articles, furniture, information and products for natural back care. All that information was always there, but since I had no need for it I never saw it. When I began thinking about my daughter's back, my RAS zeroed in on all information relevant to back care.

The RAS zeros in on what you think about, what is important to you. Here is an interesting statistic: Internationally known trainer Chet Holmes, in his DVD, *The Power of Goals and How the Brain Works*, said that 90% of self-talk is negative. The RAS hones in on what is not working, what is wrong, what is missing – everything that is bad gets noticed!

T. Harv Eker, best-selling author of [Secrets Of The Millionaire Mind](#), powerfully illustrated this point in a workshop I attended. He took a large sheet of paper and drew a BIG box. He said all the space in the box represented everything going on in our lives.

Next he drew one tiny dot. He said that dot was *one* bad thing that happened in our world.

Then he said, "This is what most people do." He walked to the big white sheet of paper and put his eye on the tiny dot, the one bad thing. He said most people live their lives focusing on that one bad thing and miss all the great stuff in their world!

People focus on what is wrong to the exclusion of all that is great.

What do you think happens when you worry?

A bugle call sounds to awaken the RAS to your worry! So you worry even more. The brain says, "Oh, attention is going here. It must be important. Let's focus on it and find all the evidence in the environment to feed it."

In that moment awful scenarios build in your mind. Those pictures get worse with each passing minute! Now you really do have something to worry about!

So long as my daughter focused on her pain, it got worse. In fact, it got so bad there were times she could barely move, and she usually cried herself to sleep.

Then she learned about how her mind was running her life with that pain. She told me she could not get better as long as she was going for physical therapy and focusing on the pain. She asked if we could cancel her physical therapy appointments.

We did and my daughter went on to a great conservatory and even to the Broadway stage, singing AND DANCING! That accomplishment, after her doctor had said she needed to find another career because she could not be a dancer after that injury!

Thank goodness she did not buy into the paradigm of that doctor, just as I didn't when my medical team said I would not recover from the brain injury!

One more aspect of the brain involves the different brain wave activities that happen at different times and affect our ability to learn.

The best time to get messages directly into the subconscious, bypassing the conscious mind, is just before bed at night and first thing upon awakening in the morning.

Stating affirmations at those times makes them more likely to slip into the subconscious where they start creating evidence of their being real.

[Ali On Goals and Affirmations](#) tells you how to say affirmations to get what you want instead of continuing to get what you don't want.

One great habit to improve your life involves using your RAS by asking questions to upgrade your life.

What do I mean by questions that upgrade your life? For me, I ask the Universe to assist me in getting better at something like, "How can I be even more focused on my book writing today?" Or "How can I be even happier in my life?" "How can I be even more healthy?"

Get the idea? I choose areas of my life that I want to improve. By asking the Universe for assistance, I know my RAS will also kick in. I do not have to know *how* what I ask for will happen. I just know it will.

In case you are thinking this is all hokey New Age thinking, I urge you to study what successful people have long known and lived by, namely that everything is created by thought and you, by your thoughts, co-create your reality cooperatively with the Universe. The Bible reminds us that, "As a man thinketh, so shall he be."



[Contact me on my site](#) and ask for a gift copy of James Allen's book

As A Man Thinketh

Chapter 3 You Are NOT What You Think You Are

You are NOT what you think you are. However, what you think, you are.

How you live your life depends on how you think about your life, about yourself, and the world. Breaking it down into the simplest of terms, nothing matters except how and what you *think and focus on with emotions*.

Your life style reflects your thoughts and emotions. Nothing just happens. You live results. What you see and experience on a moment-to-moment basis reveals what is going on inside, out of your awareness.

You enjoy or suffer the fruits that grew from the seeds that sprouted and were fed with the nutrients in the soil supplemented and tended to by family, friends, teachers, and society during your early years. That was a mouthful. Go back and read that last sentence again to be sure you grasp my message.

I wrote this book to assist you in understanding your internal world: what it is, how it got to be that way and what keeps it exactly that way regardless of the techniques and therapies offered. Consider this work an introduction to the quest of finding your True Self, the person you were at birth.

Figuring out your own path in life may be challenging. Determining the path of someone else is nearly impossible. I have my answers for me. You have your answers for you. Self-discovery is a matter of removing the veils of protection placed by parents, teachers, friends, and society, protection you still use even when it no longer serves you and in fact hinders you.

Chapter 4 How The Mind Works

Until you choose to live consciously you are unaware of how you are in the world on a moment-to-moment basis. You think you direct your actions. You think you control your thoughts and your positive thoughts can change your world.

The bottom-line is that you live your life exactly the way you want to. Everything you are, everything you do and everything you have is exactly what you want.

You probably think I am nuts for making such a blanket statement.

Readers of my newsletter, [Your Relationship Intelligence](#), understand just how it is that you live the life you want. They understand that most people live unconsciously on automatic. Perhaps it is easier to understand when I say you live according to your subconscious mind.

An understanding of mind and brain functioning is paramount to understanding lifestyle and how to make changes. Knowledge, when applied, creates possibilities that lead to new realities.

Research shows that you think about 65,000 thoughts each day and that 95% of those thoughts are the same you thought the day before and the day before that and on and on.

How can that be?

Scientists estimate that 80% of your actions (and inactions) come directly from your subconscious mind – where those 65,000 thoughts thrive in programs created during your early years. Since you keep running those same programs over and over, out of your awareness, you eliminate any chance for change. In other words, you stay stuck living the life you see every day – day after day after day.

Albert Einstein addressed that automatic process when he told us you cannot solve a problem with the same mind that created it.

Why is that statement true?

To make a change you need to make the decision you want to change and then you must take a new action – one you never did before – to step into a new direction.

Are you thoroughly confused? Stay tuned for clarity.

Chapter 5 The Mind is Not in the Brain

Do you know the mind is not in the brain? Do you know there is a difference?

People who have near death experiences and leave their bodies are not using their brains. Those brains have stopped working momentarily! It is their mind that is experiencing being out of the body.

In my own life, I really got the difference between my mind and my brain when I experienced a brain injury. Shortly after the brain injury I wanted my body to do certain things. I thought about doing something as simple as moving my arm a certain way.

My mind was working on what I wanted. However many of my brain cells had died and the connections that used to carry out those previously automatic functions were gone. My brain, which is a part of my body as much as my arm is, did not do what I was telling it to do. My mind was in a body with physical limitations.

Your mind does not know the difference between “real” and “pretend” behaviors. Your mind will find evidence of your being happy. The more you act as if you are happy, the more happy events register in your subconscious mind.

Think of each new subconscious program (belief) as a new ring of a tree trunk. The trunk begins as a willowy upright stick. Each year it adds a ring to its circumference. Each ring of the tree is like a happy event entering the subconscious. Each new tree ring makes the tree trunk thicker and more solid.

Similarly, as happy thought after happy thought enters the subconscious there is less and less room in the File Clerk’s quarters for thoughts that are unhappy.

More and more evidence of being happy pours into the subconscious mind. Being happy becomes a normal way to be. Being happy has replaced being unhappy as the round peg in the round hole. Now being unhappy is the square peg that does not fit into the round hole subconscious.

Life was never meant to be hard. You make it hard. Yes, you read that right. You choose to make life hard.

Here is what can happen when you live unconsciously, each person in his own truth.

I suffered that brain injury in June 1996. After the brain injury, I was unable to be the Mommy I had been to my children. They were both grown and gone from home. Our contact was mostly by phone, which kept them from understanding how severely impaired my functioning was. To them, I stopped loving them because I was no longer being the mom they knew.

At the same time, I could not understand why they were not being more supportive of me. What became my truth was that my children stopped loving me. What became their truth was that their mom stopped being their mom.

Since we never discussed how we were feeling or what we were thinking, our relationships deteriorated. Thank goodness I learned how we create our truths. I stepped out of my interpretation of what happened. I talked to each of them. That was when I

learned how much their *truths* and my *truth* were silly interpretations we had each made up without talking to one another.

Here is another gift I give you. You cannot, I repeat, you cannot know what is happening for another individual so flat out ask! You will save yourself years of grief and misunderstanding.

And in case your mind runs as mine used to, let me also say there is no such thing as, "If they really loved me, they would know what is wrong and would be there for me." See how my mind took me on a journey to great sadness and loss? Same thing happened for my kids.

Now I will introduce you to another Universal Law, to the Law of Polarity. This law states that everything has an opposite. Therefore, if an event is just a little bit bad, then it is also a little bit good. If the event is a lot bad, then it is also a lot good.

The key lies in looking for the good side instead of staying focused on the bad side.

The brain injury was hugely bad. I lost my life as I knew it.

The brain injury was also a lot good. This new life is so exciting and challenging and meaningful! My life experience is so much richer because of all I lost and had to learn in new and different ways.

Everything in life just is. How you look at an event determines whether it is good or bad. Why would anyone choose bad instead of good?

The fact is most people do just that, which explains why misery loves company!

Consider that many people connect with others who are empathetic to their problems. Why are they empathetic? Usually because they too have problems and want a listening non-judgmental ear.

Not only do they want a listening non-judgmental ear, they want to be pitied and told how horrible whatever their complaint is truly is awful. Yes, they want to gather evidence to justify their being a victim and blaming others and the world for their misery.

What if a person identifies and defines himself by that malady? Then no matter what happens in that person's life, he will filter every experience through the illness or condition and never fully live in happiness.

Chapter 6 The Boss And The File Clerk

I look at the conscious mind and the subconscious mind by using the analogy of the boss and the file clerk.

Your conscious mind is the Boss, your master protector. It decides which files to pass on to the File Clerk (the subconscious mind) who then creates and stores files in appropriate file folders. Your Boss decides what you can and cannot be, do, know, and have in life. Your File Clerk carries out the Boss' orders.

Your Boss filters the messages in your environment. When it judges something to be important and a fit for you, it passes that information to your File Clerk. The File Clerk does not judge, interpret, or question your Boss' directives.

The File Clerk simply accepts all incoming information as orders set in stone – with one big difference. The File Clerk does not hear negative words like “not” and “don't.” So when your Boss says, “Don't forget to make the phone call at 6 PM” the File Clerk hears, registers and acts on (remember the File Clerk always follows orders) “Forget to make the call at 6 PM.”

Taking my word for it is meaningless. Go ahead and see the difference when you tell someone, “Don't forget to...” versus telling him or her “Remember to...” In fact, if I were with you right now I could physically show you how your body and energy are depleted by the words “Don't forget to” yet strengthened by the words, “Remember to.”

So what am I saying?

One function of your subconscious mind is running your life with files filled with documents (separate incidents that “prove” each behavior is accurate for you) you are not aware are in there!

When you were young if someone told you that you were no good at sports or at math, that you couldn't sing or you were forgetful and your conscious mind did not knowingly stop that message from going into the subconscious then you have a file, an order from the Boss to the File Clerk, defining you as someone who is no good at sports or math, someone who cannot sing or is forgetful.

The File Clerk reviews your file, providing evidence of that situation, then diligently carries out that order!

Are you with me here? Let me walk you through the procedure that runs out of your awareness.

Every piece of information entering your world that provides evidence of that belief (files become beliefs) gets immediately accepted into the subconscious while anything contrary to that picture of you gets rejected.

When the person who believes he has a terrible singing voice is told he has a gorgeous voice he thinks the person is lying, deaf, or stupid. Like the proverbial square that does not fit in the round hole, your subconscious has a round hole that defines who you are and only accepts information that is round while rejecting information that is square, oblong, triangular etc. Is any of this making sense yet?

Okay, so now, you ask, how do you change those programs? Well first and foremost knowing the history of how you got to be how you are is irrelevant. Yes, you heard me right. Going back into your childhood to see who said what about you “causing” you to be as you are only serves to keep you stuck.

You want information that moves you forward in your life leading you to create thoughts that lead to a reality which is *different* from your current one. You can only live in the present moment. The past is over. Done. Non-existent – unless you use your life energy to feed those memories and keep them alive.

Chapter 7 Universal Laws Rule

Universal Laws apply to everyone and everything regardless of whether you know of their existence or not. Would you agree that a squirrel jumping off a 3-story building and misses the tree branch will fall to the ground? The Law of Gravity works even if the squirrel has no knowledge of gravity.

One Universal Law states that what you focus on expands. Wherever your attention goes becomes bigger and bigger in your life.

Did you ever notice you may be so exhausted you can hardly keep your eyes open long enough to get ready for bed. Then the phone rings. Your friend, who you have not seen in 5 years, has a long layover at the airport and wants you to come meet him.

You are so excited about seeing him that you hop into your car and zip off for a most enjoyable reunion. The exhaustion disappeared – out of your mind. You now possess all the energy you need to make it a great visit!

Notice, the entire time you thought about being with, and then actually being with your friend, the extreme exhaustion no longer existed. Vanished. You focused on being with your friend instead of on the tiredness.

Focus on exhaustion long enough and you will impact your health!

Here is another example. When I worked in crisis care our clients came to us with diagnoses. I never looked at those labels. I looked at and interacted with a person.

My colleagues read the labels and sorted for behaviors that fit the description for each diagnosis. They failed to see any behaviors that contradicted those diagnoses. That is how people get labels that stick, labels like shy, loud, smart, ADD, slow, briny, aggressive, dumb.

People see what they expect to see because they sort for what they want to see in the same way the File Clerk enforces the Boss' words and misses all other information.

What do people tell you about what you can and cannot be and do? Who do you believe? Why?

Okay, so what happens when the Boss allows information to slip by and pass directly to the File Clerk because of automatic unconscious living? Let's say your friend comes over for coffee and as you are sitting down she says, "You know how every time you are in a hurry when you run into the grocery store you get in the slowest moving line and it takes forever to check out?"

Well, unless you say something like, "Really? Does that happen for you?" the File Clerk will have you in the longest and slowest moving line the next time you run into the grocery store and are in a hurry. Yes, the File Clerk got orders, unknowingly passed down by the Boss who was not paying attention.

Chapter 8 What Is Real?

Moving ahead, do you know that your subconscious mind cannot tell the difference between what is real and what is imagined? You probably heard about the studies done with groups of basketball players where one group actually practiced shooting lay-ups for four hours daily while another group physically practiced on the court for three hours then vividly imagined doing lay-ups for one hour daily.

The results showed that the group who used the visualization scored 26% more baskets than the group that did only physical practice. One explanation is the group who did the visualization made perfect lay-ups every single shot in their visualizations while those on the basketball floor missed executing perfect shots more of the time. (That study was reported in the Quarterly Review per Maxwell Maltz, M.D., and F.I.C.S. in Psycho-Cybernetics)

Did you ever observe a guitarist watching another guitarist play? The watcher is fingering the same chords even though he does not have a guitar in hand. Speaking from personal experience, I know, as a teenager, I spent about as much time imagining myself playing my clarinet as I did actually playing it.

What I did was read my music and move my fingers as though I was holding my instrument. I know that practice (excuse the pun) was part of the reason I was such a good clarinetist back then. On that note (Oh groan! Another pun. Sorry. I grew up in New York!) consider amending the saying "Practice makes perfect" to "Perfect practice makes perfect." In your imagination, everything can be perfect every time.

Today many great athletes, successful business people, speakers, salesmen, etc., see themselves in the event they are about to do. They see all the details. They feel all the muscles move. They hear the sounds before they actually go forth and do the activity.

Those people find great success in their lives as their brains are automatically reliving a task they had *lived* many times over! The subconscious mind cannot tell what is real and what you imagine.

The subconscious mind makes sure that whatever the conscious mind tells it is Truth. The teenager who says he is shy can read all the books, go to seminars and therapy, and take all the self-improvement classes out there. But the person whose subconscious mind is programmed to believe he is shy causes him to act shy and to experience failure when trying to act any other way!

The subconscious mind sorts through all the information and experiences the person is having and only sees those that provide evidence of being a shy person. It is as if the subconscious mind says, "I am making sure you are a shy person since the Boss told me you are a shy person. I won't let you be loud or stand out from the crowd. I can't. I do not have any files labeled *I am not a shy person.*"

You can set all the goals and state all the affirmations you want over and over again for years yet nothing changes. Then you say setting goals and stating affirmations don't work.

I know. I've been there. For three years I did my affirmations. I set my goals for my life. I looked at my collage of my (future) life – pictures of everything I wanted. I spoke all of it in the present as if it already was real.

Nothing changed for me.

Nothing changed because my subconscious mind had a file called “Ali does not deserve great things.” No matter what words I spoke, no matter how positive my thoughts were, all that “square” information was rejected by my “round” hole subconscious mind.

You can paint gold leaf over a cardboard box. Others may see the gold but you know what you have is a cardboard box. Positive thinking will not touch underlying files.

What you do not know you do not know always runs your life. So find out what you do not know you do not know.

Okay, so when I learned how we create our reality and our subconscious mind runs the show then I figured I would identify the negative messages. There I was focusing on what was wrong, what was missing. What was wrong and what was missing expanded in my life.

Chapter 9 Being Happy Is Not The Result But The Necessary First Step

When you are a person who is happy, your life works. You reach all your goals. You see, when you live with passion and joy you fuel your every thought with those high-octane emotions. The Universe brings you more of what you focus on when emotions accompany the thought. (Recognize that unhappy emotions power unhappy thoughts resulting in things like ill health or disappointments.)

I watched as my son, who was auditioning for a career as an orchestral timpanist began to listen to his heart. He questioned that career choice. His hands started hurting. The pain grew progressively worse with nerve issues that made it all but impossible to hold timpani mallets.

He tried positive thinking to no avail. Then he announced his decision to go join his musician/composer friend in New York City and be a drummer. His hands hurt less and less. As he lived his dream in NYC his hands stopped hurting to the point that he became a hand drummer composing and playing for modern dance troupes!

Hindsight is always so clear.

Looking back I easily see that the happier he became and the more he focused on what he wanted (playing drums for fun with others who lived their passion for music rather than in a formal orchestra where many musicians came to do their job) the healthier he became. And the Universe presented more and more opportunities for him to live his dream and actually make a living as a drummer in the toughest city in the world to make a living as a musician.

Chapter 10 Most People Focus On What They Do Not Want

Most people do not know what they want. Without consciously directing your life, by default you focus on and get what you do not want. Napoleon Hill stated it so eloquently in *Think and Grow Rich* explaining weeds grow naturally in a field unless someone purposely plants flowers

Change happens when you focus on what you want rather than on what you do not want. Ah ha! Think about it. The subconscious mind does not process that word "not" so every time you even think (just thinking it without ever saying it creates it) you do not want something the subconscious mind hears you do want that something.

Following the brain surgery the thought, "I do not want to be in pain" entered my subconscious mind as "I want to be in pain." And when I let go of the severe physical and emotional pain I happily followed my heart and everything changed.

My body does not work as it used to. Yet I see the gifts everywhere I look for them. How great is that?

To summarize what I said so far about how the mind works:

- Your conscious mind is the Boss acting as a gatekeeper allowing information to enter your subconscious mind. Messages can slip through if your conscious mind fails to stop them.
- Your subconscious mind takes everything your conscious mind sends in as truth and works to make that program reality for you
- Your subconscious mind cannot judge information from your conscious mind. It simply carries out its orders as a good File Clerk.
- Your subconscious mind only hears "what is" rather than including "what is not." Negatives fail to be processed with incoming information
- Your subconscious mind cannot tell the difference between what is real and what is imaginary
- Whatever you focus on expands in your life.
- Focusing on the past only creates more of the past usurping the present.

Chapter 11 Discovering Your Hidden Files

"Okay, Ali, that information is all well and good but how do I discover the hidden files running my life?" you ask. Simply look at your life. Look at your results. You see the fruits produced by your roots – and I mean that in every way you can interpret that word.

Notice what keeps happening to you. How do certain events turn out – consistently? How do you feel? Are you happy? Are you unhappy? Catch yourself in different moods and states and ask yourself, "What was I thinking just then?"

You do not need to judge your thoughts as good or bad. Just notice and be okay with them.

Do recognize your power and choice in how you feel in each and every moment. Take charge and live with awareness. Live consciously. You will quickly see changes you have been saying you want but never happened.

Get a piece of paper. Better yet, get a post-it paper and write "In every moment I choose how I feel and what I think." Take a second sheet and write; "I create my life my way every day." Then hang those papers where you will see them all day long as you go about your activities. I guarantee, as you begin to live consciously your life will change in ways beyond your imagination!

Chapter 12 Live in the Present

You only live in this moment. If your head is in your past or in your future you are missing out on your present.

Can you do anything about your past? Can you do anything about your future other than plan for it? And how do you plan for it? By taking action *now*, by living in the *here and now* you empower yourself to live the life you want, I mean consciously want.

If you don't like the way your world looks, change the way you look at your world. I include looking at your past only in so far as you can change your past by seeing it through new eyes, consciously living eyes.

You created your past experiences by interpreting and focusing on specific thoughts with great emotional attachment. What if you looked at every hurt – emotional and physical – and saw the gift you received?

What if a severe injury caused you to be grateful for simple things you never thought about before ---things like being able to stand up and walk? Or open your eyes and see? Or follow a conversation?

You choose the value of every event in your life. You can make everything that happens great – even when the pain is excruciating. I bet you have known people who live with great pain yet enjoy their lives while others in pain spend all their time bemoaning their "fate."

Life is truly what you make of it. Want to make yours great now? Read and apply the information I share in my newsletter, audios, videos and courses at:

YourRelationshipIntelligence.com

There are 3 types of people in the world:

1. those who *make* things happen
2. those who *watch* things happen
3. those who *wonder* what happened

Your life only changes when you *take action*.

Now What

Congratulations on reading this book all the way through. Along the way I trust you discovered some new information to make your desired life style changes. Remember you actually have to take action to create your world to be different than it now appears to you.


The sooner you start the sooner you benefit! Do begin with just one simple change. Gradually add other new steps as you can to create your new behaviors as habits. One special habit will speed your journey to true and profound happiness. Go to [The Happy Share Movement](#). Watch the video, and begin creating the Habit of Happiness today,

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<p>A Special Report by Ali Bierman</p> <p>Be Happy First To Create Health and Success!</p> 	<p>In this report you'll discover:</p> <ul style="list-style-type: none">• 5 Reasons To Choose Happiness Over Worry And Fear• 5 Tips To Bring Joy To Your Life• 5 Tips That Let You Sleep Peacefully Every Night• 5 Tips For Loving Yourself First – You Matter• 5 Tips To Stop Feeling Crummy And Take Charge Of Your Life Now
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About the Author



Ali Bierman, known as the THRIVE Expert who leaves you with a song in your heart, survived two life-altering brain events. Each time the medical community told her, “Learn to live with it. This is as good as it gets.”

Choosing to participate in life rather than watch it go by, Ali seized the opportunity to grow through all the physical and emotional pain it took to create a new life – twice – in her altered brain, mind, and body.

She lived through a diversity of life experiences as a wife, mom, “professional” volunteer, psychotherapist, artist, composer, musician, specialized kinesiologist, and a metaphysical minister. She has produced more than fifty books on topics including parenting, health, relationships, spirituality, and her favorite: happiness.

Ali came to the world of specialized kinesiology and metaphysics from a career as a **psychotherapist working in crisis care**. A very dangerous client cornered and attacked her. The resulting brain injury led to her medical retirement at the age of forty-six. **The doctors said she would not heal. Ali did not buy into their paradigm.**

More recently, she survived surgery to remove a brain tumor that hampered her functioning for three years before its discovery. Losing her ability to talk, to swallow, to walk, and do many related tasks allowed her to prove what she says she believes and truly walk her talk.

Through her kinesiology practice and ministry Ali developed the concept of Your Relationship Intelligence. She discovered that everything in your life – health, happiness, and success – is determined by the relationships all across your lifetime.

In fact, the status of your well being and success reveal disconnects in your relationship to yourself and to your Higher Self and Spirit, your relationship to other people, and your relationship to a Higher Power.

Learn more at [Your Relationship Intelligence](#).

What few people know about Ali is she was inducted into **Psi Chi, The International Honor Society for Psychology**, while working on her MA in psychology. You can find her listed in more than one half dozen **Who's Who** books including **Who's Who in Alternative Medicine**. She was also nominated as **International Woman of the Year** early in her career.

In 2018 she was honored to receive the Albert Marquis LIFETIME ACHIEVEMENT AWARD for her work in Relationship Intelligence.

While pursuing her goal of impacting three million lives for the better, she made a good start touching more than 200,000 lives through her writing, teaching, speaking, and music, in addition to her private practice.

Fun facts few people know about Ali:

1. She was in the Peanut Gallery on the Howdy Dowdy Show when she was a little kid.
2. She has been composing music all her life. As a kid (three years old) she asked her parents to turn down the radio and they said no radio was playing. She always went to sleep composing cool music. As she got older her compositions became concerti and woodwind quintets. She was sixteen years old when she discovered that most people do not walk around composing music in their heads most of the time.
3. Ali is an intuitive cook. She tastes with her mind. So she combines foods that make her guests hesitate about tasting the meal. Every time, they share their delight after having wondered if they would actually eat the food.
4. *She kayaked and snorkeled in five ports in the Caribbean when she cruised down there. When on road trips, if she sees a nature reserve with kayaks she stops her car and goes kayaking. She LOVES Nature. She LOVES water and mountains. Water parks are at the top of her list for a fun time – though her body is not yet able to handle water parks since the brain surgery. NOW that is one thing that makes her sad – not being able to participate full out in sports as she had done all her life. You know what? She says she is so grateful she can stand up and walk and she is even teaching herself how to run again. Good thing. She needs to keep up with her grandchildren.*
5. *Ali ran a design business creating jewelry, clocks, sculptures, greeting cards and subliminal paintings. She also designed and built furniture and a massive climbing structure for her kids when they were young.*

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“There is no more important job than being a stay at home mom (or dad). And this book reads like talking to a wise and supportive friend. In Stay At Home Mom: Lousy Pay, Lousy Hours, Priceless Rewards, Ali Bierman tells sweet stories about raising her kids, as a stay at home mom, throws in some profound quotes and most important, packs the book with useful “real world” tips.”

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By asking questions you get a better understanding of what is going on inside their minds and how they view “their” world. It is important to know what questions to ask and understand what their answers mean.”

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Fun

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“Christmas Art to Eat by Ali Bierman is a unique Christmas treat recipe book that comes from passion. You can tell the author loves what she does and this makes this book that much better than many of the holiday recipe books out there.”

Cathy Wilson

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