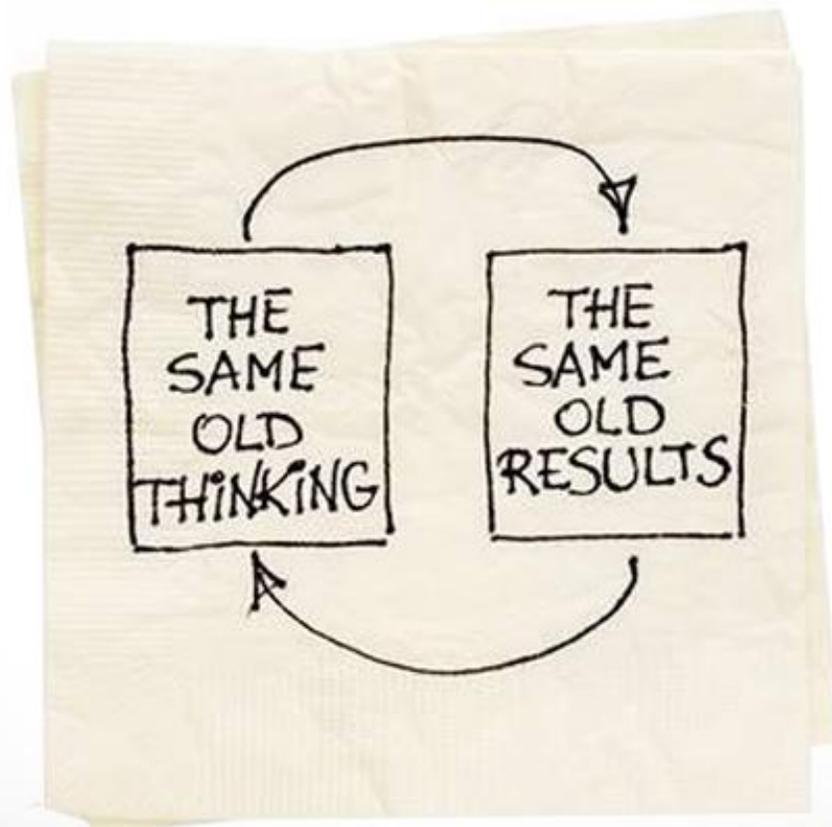


THE REPETITION PATTERNS

— Megan Miller —



THE REPETITION PATTERNS

By

Megan Miller

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INTRODUCTION

Thank you for downloading this fantastic guide—“**The Repetition Patterns**”

Repetitive behaviours, like compulsive skin-picking, hair-pulling, nail-biting or lip-chewing, are similar to other bad habits and addictions in that they are ultimately caused, on the one hand, by the natural, universal human tendency to avoid pain and discomfort and to seek and gravitate toward pleasure on the other side.

Not only is this our human nature, but it is also deep-seated animal behaviour. For example, even the simplest one-celled organisms move away from chemical irritants and toward tasty nutrients like sugar.

A problem with being human is that we learn so quickly. For example, at one point we squeezed our first pimple, or pulled out our first hair, and felt some satisfaction, some sensory gratification. It felt good, or perhaps it relieved some negative feeling or sensation we had, maybe a mild feeling of anxiety or emptiness. We learned it was an experience of pleasure and of avoiding pain. So we did it again.

And again... Most likely we did it hundreds or even thousands of times before we also realised it was a problem for us. By the time we did understand it; the habit had put down deep roots and had thus become very difficult to break.

As we failed and failed again at trying to stop, we most likely began to feel bad about ourselves, because we made our skin, nails or hair look bad and because we thought we should be able to stop, yet couldn't. The reactions of others may have also contributed to our feeling ashamed and down on ourselves. Soon our negative thoughts about ourselves became another bad habit.

It is essential to understand that we are not our habits or compulsions. Deep down, there is nothing wrong with us. Vedanta philosophy has an apt analogy for our situation.

Deep down, we are all like the sun, shining and perfect all the time. However, when there are clouds, we can't see the sun at all. Everything we typically identify with, our body, thoughts, emotions, habits, actions or accomplishments, regardless of whether we label them good or bad, are merely clouds obscuring the profound magnificence of who we are.

When we understand and accept that our Body-focused repetitive behaviours are not in any way a reflection of who we are, we can begin to free ourselves from a vicious cycle of helpless negative thoughts, and we can approach the problem of the unwanted behaviour from a place of real power. Yes, we may have challenging

habits or compulsions to break. Our habits are merely our particular way of expressing the very human tendency of going toward pleasure and avoiding pain.

At times we may wish we had somebody else's way, but then when we think about the panoply of addictions and other problem behaviours out there, perhaps we would not. Most of us have one or more ways of falling into the "avoid pain, pursue pleasure" trap that is a natural human tendency.

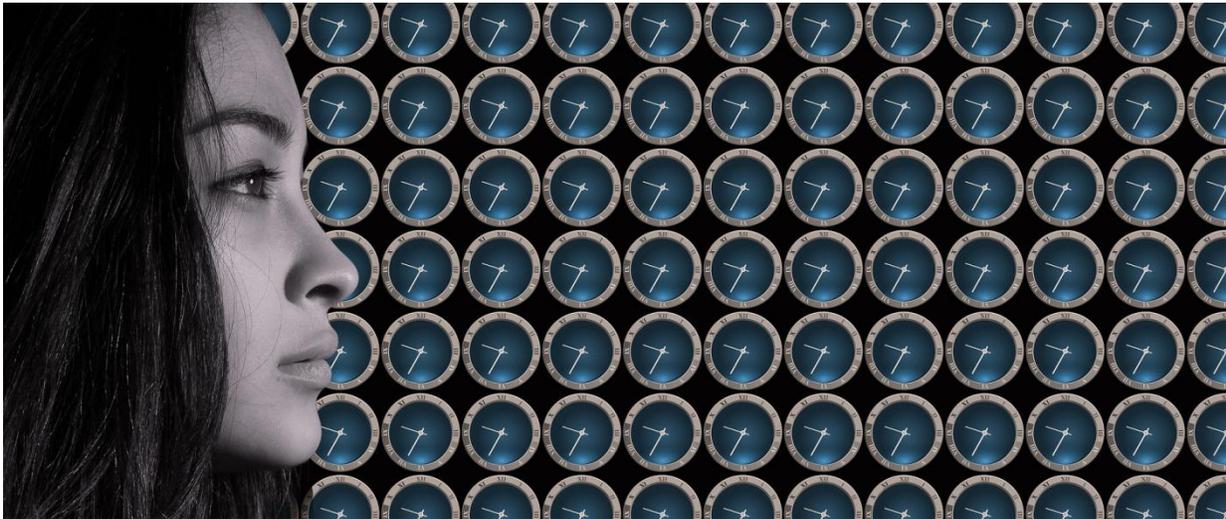
Because our habit has become so automatic for us, the opposite, breaking the habit, will require a significant amount of energy and effort. However, this guide is available to help us, and although it is difficult, it is a process that is not only possible but also ultimately very rewarding.

Let's Begin!

UNBLOCK YOUR BLOCKED ENERGY

Being Asleep Allows Repetitive Patterns To Keep You Stuck

Majority of individuals keep in a set pattern of doing the same thing over and over again. They feel that their lifestyle cannot change and when they look out into the material world, they cannot perceive another way because they have no idea of how to get out of their tight mud hole. Everywhere they look they see a limitation somewhere and so the 'buts' and the excuses over-ride any other dormant perception to come forth.



Are you full of excuses? Do you feel that you have an obstruction, a lack of flow of energy -of not being able to progress in any way? Do you have a stagnant attitude about something? Are you still and unmoving not flowing or moving forward? Do you feel stale or impure from lack of motion? Are you not developing or making progress in what you want to be, do or have? Are you inactive or not lively in your mind and body?

To address your issues, problems and challenges can be broken down into 3 main categories.

1. Creatures of Habit
2. Repetitive Patterns Keeps You Stuck
3. Conscious is Asleep

Let's take a look at each type:

1. Creatures of Habit

Human beings are creatures of habit. Often your daily thoughts (about 150,000) are based on past events, belief patterns, worries, doubts, fears, insecurities, lacks and limitations. These beliefs, thoughts, feelings, emotions, decisions and choices all lead to your life's experiences. The present and future exposures are just a mirror of your past of what you believe in.

What you think and feel today will create your experiences tomorrow until you choose to change it. Therefore, it is essential to heal and release your old wounds so that energy can be freed.

When you dwell upon past unfinished business issues, you will keep repeating these events in your chattering mind, to endorse and reinforce that belief. You will follow these unwanted cycles alive, only to bring them back into your future. These repetitive patterns and conditions will keep you stuck - it stops your energy from flowing.

2. Repetitive Patterns Keeps You Stuck

Repetitive patterns prevent you from moving on to discover new ways, new perceptions and to unfold new potentials. Your mental or emotional blocks are just like obstacles that create a roadblock.

They hinder and stop your energy from flowing and due to a limited and a non-accepting perception they create resistance and resistance brings pain and suffering.

Stuck energies are formed when you place more importance upon an adverse condition or issue due to your fears, doubt, worry, lacks and limits that only reinforces your programmed belief system that is stored in your subconscious. When you are emotionally congested with fears and doubts, you hinder or stop the flow of the vital life-force to enter your body through your breath, skin and energy field to nourish your organs.

3. Conscious is Asleep

Energy blocks, whether it is mental moods, emotional discomfort or physical pain are caused because the conscious mind is fearful, lazy or ignorant and sceptical. It has merely gone to sleep. It means that you are unaware of what you are thinking, feeling and doing.

You are just following along with the MC Sheep (mass consciousness sheep). You are simply plodding along in your mundane routine doing what others tell you

what to do and how to do something, without questioning whether it is appropriate for you, let alone if it is your truth.

You are living your life with the truth of mass consciousness. Your conscious mind has allowed negative, disempowering or inappropriate information to enter, you have accepted it as being right for you, and you have not allowed anything new to enter at all. Why? Because the mind does not know beyond what it knows, it is sceptical, doubtful, mistrusting, dependent and reliant, as it refuses to be open to something beyond what it knows.

Why? Because of the fear of the unknown and change. No new empowering ideas have come in to replace the negative or stale information, because you have ignored the process of clearing old worn out belief patterns and the subconscious and ego-mind have only got garbage or overgrown weeds left to rely on for information that does not benefit a growing soul.

It produces lack of clarity and lack of focus in mind, which creates more negativity more imbalances and more blocking off the flow of prana energy into the body until it is more than an energy block, but a physical condition or illness.

Hiding and suppressing negative emotions stops the flow of feeling and expressing empowering energies. These trapped emotional energies will continue to build up to be shown in your actions, reactions, or physical moods and ailments. An energy block is the first clue to telling you that you are out of balance with your inner and outer world.

You must also realise that you are responsible for your own life's experiences and no one else holds the answers to your issues, and you can be your own master through the choices that you make. Therefore it is essential to learn to release energy blocks, to let go and let the emotion be expressed freely and calmly so that you can become aware of the cause of your issues, problems and challenges.

Replacing Old Habits With A New State Of Mind

Just because it happened before doesn't mean it will happen again. You have the power to change it. We can sometimes be under the impression that the situations that seem to keep coming back in a lifetime and time again are there to stay but really...they're not.

A repetitive cycle that keeps showing its face will go away once you face it. Let's say your repetitive cycle is about money. You have moments where you have some, but then you hit a cycle where nothing seems to be working. All your money heads out the door, and you get the feeling of déjà vu as if you have experienced this moment before. You wonder if it will ever go away.

The Repetition Patterns

When you begin to use the Law of Attraction some of those cycles still come back usually because you haven't dealt with the right lesson within the cycle. And sometimes we do everything we can to get beyond a situation to go back to the same exact thinking we had. Changing this cycle starts with you.

Remember any cycle is just like a habit. It is a repetitive mental pattern that you have programmed from your perceptions and beliefs, and when you change the pattern, and you make an effort to continue to improve it you will see a big difference in your life.



Start by getting yourself a pad of paper and think about the cycle that keeps coming into your life. Write down all your thoughts and feelings you may have on the subject. As you write them down think about what ideas in this cycle have become repetitive in your mind.

For example: Let's say you have a repetitive thought pattern about money. You're always concerned you'll never have enough, you always worry about the lack of money you have, and when money comes, you fear that it is already spent on things you wish you didn't have to spend it on.

Each time money comes to your doorstep you worry that you won't ever have any more. When you go to the grocery store, you are worried about how much prices have gone up and...lack, lack, lack. This repetitive thought process is going to

bring you more of the same. The thought process is just a habit within your subconscious mind.

You have thought it and lived it enough that your subconscious has now picked it up as a mental habit and runs the loop through your mind each time you have a dime to your name. Okay...now you can see where your thinking can create this particular reality.

It goes for anything in your life whether it be a relationship to a career the repetitive pattern becomes a habit. Now that you have written down the cycle find yourself a complete opposite of the habitual thought. As you begin to write down the positive statements of money get into it. Write down what you want to believe about money.



Write down how you wish it were. Write down what you would do with the money if you could use it for what you wanted and not for bills. Imagine you have that money to spend on anything you like and go on the internet and see what you would spend it on.

Create a new repetitive thought pattern for yourself. Begin to memorise your new thoughts of what you want and when you find yourself going down the slippery slope of lack, stop, and replace those negative habits with the further affirmation you have created.

Thought Of Abundance

Get into the excellent thought of abundance. Everyone can have it!

Everyone...you are no different than the rich guy on the corner. So what if he has the education behind it. There are many rich, intelligent people out there who don't have a college education. That isn't what is going to change your money mind. What is going to change your mind and beliefs...is you.

As you begin to embrace the thoughts and joys of being prosperous, you will find it coming into your life. You will have created a new habit of rational thought for

your subconscious, and that mental loop will be your new life, and the cycle that you used to dread will disappear from your life for good.

LAW OF ATTRACTION

Mental Tools To Rid Yourself Of Repetitive Thought Patterns

Some mental tools can help out much when using the Law of Attraction to help overcome some of the repetitive mental patterns keeping you from manifesting your desires. Here are five to help you along.



1. Game Over.

Sometimes we can get caught up in the past mental looping cycle. You know, when you think of a recent moment, and you keep repeating it over and over again in your mind and before you know it you have been focusing on the past.

It is excellent if it is a happy moment in your life but if it is a traumatic or negative moment, you are merely creating the situation over and over again, and that will attract right back to you in some form.

So here are two words to remember when you are mulling over that ten-year-old fight you had with Mom: Game Over.

The moment you realise you are reliving something that doesn't serve any purpose now, say to yourself: Game Over. No one is playing that past game anymore and neither should you.

When thinking of your past, find out what you learned and then say it to yourself, "Game Over." The past game is over. By acknowledging these trigger words the game no longer has to be played, and if someone else wants to bring the past up to you, you are free to be a part of the game no longer.

2. No Mistakes Or Failures.

First of all, there are no mistakes or failures. These are words that we too often use in society, yet society made them up. These negative descriptions likely came from a person who first felt insecure about himself, and sought another's choice and declared it was wrong and therefore is a "failure." "Mistakes" or "failures" are just words.

They are the description of an event, not a person. You didn't desire whatever the situation was to be a mistake or a failure, and you were making a choice and putting the focus on a path that at the time seemed right. Look back on what you call your mistake or failure without any emotion and see the actual lesson that you may have learned from it. That lesson is the gold nugget in your past choice because the lesson is what you got out of it. No more energy required.

3. Take Care Of You.

Many people take care of everyone else's needs before their own. It may appear as if they are caring people, but when they put others before their individual needs, they will attract just that. Everyone else will need and want their attention first. It can be tiring and begin a cycle that won't stop. Does everyone know that you will drop everything for them? Have you ever stopped to think by doing this you are not allowing them to learn from their own experiences? If you take care of every little thing for someone else how are they going to learn about life? There is nothing wrong with helping others as long as you have given yourself time as well.

Here is a perfect analogy: When you board an aeroplane, the flight attendant reminds you that in the event of an emergency, to please put your oxygen mask on before you affix your child's oxygen mask. You know why? Because if you attempt to take care of your child first and pass out from lack of oxygen for yourself, you won't be around to help him anymore. But if you take care of your

oxygen mask first, you will be there for your child. Make yourself the priority and then help others. You'll be happier and so will the people you are supporting.

4. Know What The Focus Is.

When you desire something, instead of visualising and focusing on the actual desire like money, career, health, or a loving relationship, get down to the nitty gritty and determine what it is that you want from the material desire. Let's take money for example. Instead of visualising on \$100,000 arriving at your door, focus on what it is that you ultimately want the money. What will the money bring you in emotional terms?

Do you want money so that you will feel safe, secure, confident, and relieved of stress? Then focus on those feelings and include them in your visualisation and focus. Sometimes the logical mind can't believe that you could make money quickly or a sum of \$100,000.00 and then the lack and disbelief plays the lead role part in the money not coming.

Cut straight to the chase by visualising the emotions and the joy of what money will bring you. By doing this, you are bypassing and confusing the logical mind's ability to recognise lack, and instead, you feel exactly what you want from the money. It is just as effective, and the rational thought doesn't seem to have a problem with feeling safe, secure, confident, and relieved from stress when you take money out of the equation. The Universe will then comply with your feelings and what will it bring you all those emotions? Money.

5. Live In Joy.

It is one that some people forget as they are focusing on their desires and doing their best to live in the joy. When focusing and visualising on your desires don't forget to see it with ease. When you look at it with ease, it will come a lot easier and smoother for you.

Repetitive Thoughts

Repetitive thoughts can be a symptom generated by Obsessive Compulsive Disorder, repetition is a common thing to experience when dealing with OCD, the severity of this depends on the person, but even the less severe manifestations can be hard to deal with due to its very nature.

A person that suffers from OCD with this symptom experience a feeling like they are compelled to do a specific task multiple times, even if they are entirely aware that they are doing so and that what they are doing isn't really doing anything for them whatsoever, even so, they feel like they have to because their mind makes them think that it needs to be done.

The Repetition Patterns

Repetitive thoughts as the name suggest cause a person to think thoughts repeatedly, the nature of said thoughts vary from person to person, it can be irritating naturally as one can imagine but it can become somewhat alarming in certain situations. If you have repetitive negative thoughts such as thoughts of violence, for instance, this may naturally raise some flags in your mind. Luckily these irritating thoughts generally don't cause you actually to act on them, dwelling on them, however, does bring with it a fair amount of stress, especially if what you are residing on is offensive to you.

Repetitive thoughts as it is a part of Obsessive Compulsive Disorder can be treated with the various ways used to treat OCD, a short-term solution to help you reduce and perhaps rid yourself altogether of your repeated thoughts is medication.



Medication as an approach varies in efficiency from person to person, some will take to secure, and the effects will be profound, some find themselves naturally resistant to medication and may have a higher difficulty utilising this approach than other people who are less resistant by nature.

Utilizing medication to treat your repetitive thoughts is a viable solution but it is a short-term solution, attempting to use it long term is possible but that way you will be using meds for an unforeseen amount of time and your body can adjust to

the drug so that it becomes inefficient after a while, in this way it is better to seek a long-term solution while utilizing the short term one to keep you going in the present. Long-term solutions include mental exercises as well as therapies. There are various methods that can be utilised to help you without the aid of medication.

Utilizing a natural means to treat a mental symptom will likely include you learning what you respond to and how to change the way you react to things that you deal with, the way you view things and the way you respond to a situation have a significant impact on the way you will feel as a result of your actions.

You may feel that if you fight your repetitive thoughts that you are going to be that much more miserable, perhaps in some cases that would be true but that would also be because of how you attempted to resist, if done right you can fight it while training yourself to combat it.

Common Dangerous Repetitive Behaviors

It is natural to fall into patterns of decision making and methods of accomplishing tasks. However, many physical forms of repetitiveness can be extremely detrimental to your health.

These are known as repetitive motions, and their related injuries can leave you physically disabled and incapable of performing the simple tasks you used to take part in as part of your daily routines frequently.

By knowing what actions and behaviours are more likely to result in a repetitive motion injury or strain, you may be able to prevent yourself from suffering from dangerous and disabling injuries and conditions.

Risky Repetitive Actions

In your day-to-day activities, there are some actions and rituals you practice which can put you at risk for falling victim to a severe strain or injury related to your repeated operations. These include the following:

- ❖ Reading by looking down on your text, which can quickly strain the neck
- ❖ Frequent or excessive writing or drawing
- ❖ Excessive use of the computer and keyboard without proper wrist and back support
- ❖ Frequent side-to-side neck movement
- ❖ Carrying heavy bags repeatedly on one shoulder
- ❖ Frequently sleeping in unnatural positions, such as with the head forward in travel
- ❖ Working where you perform the same actions regularly, such as in an assembly line

While many motions can become part of your actions in your home and during your recreational enjoyment, they are also likely to occur with your employment.

GET RID OF RECURRING NIGHTMARES

Recurring dreams indicate danger. They are trying to remind the dreamers about a solemn obligation that they are postponing, a mistake that they are making, or something that they are not seeing.



Nightmares are serious alarms that indicate danger as well because they reflect grave mistakes. There are many things that the dreamers have to pay attention to because their lives are in danger urgently, they are losing their mental health, or something that will have a very negative consequence is going to happen to them.

Nightmares must alarm all dreamers. They should carefully follow dream therapy and obey the wise unconscious guidance contained in the dream messages.

It means that if you see recurring nightmares, you are continually making severe mistakes that will generate bad consequences for you in the future. It could also say you are avoiding an outstanding obligation. The unconscious mind is trying to make you react and urgently do something to save your life, your reputation, and your mental health.

It is why it keeps sending you scary recurring nightmares. You will get rid of your bad dreams or nightmares once you pay attention to what you are doing or not do in your life and adjust these areas accordingly.

By following the unconscious guidance, you will overcome all problems and stop seeing constant nightmares.

The same happens when you have repetitive bad dreams, which cannot be considered nightmares, but that bother you, leaving you with a dissatisfied feeling.

Repetitive dreams are reminding you of an obligation that you are not doing, or they are trying to show you that you must stop making a severe mistake. They are equally as dangerous as recurring nightmares.

You should not let your futility and indifference lead you to mental illnesses and despair, but react before it is too late. The unpleasant repetitive dreams are indicating danger. Something bad will happen in the future ahead if you don't do something to correct your mistakes now and continue repeating them.

Many people are indifferent to their nightmares and recurring dreams, believing that thoughts are not necessary. They ignore the tremendous importance of all dream symbols, which contain precious unconscious messages that save our lives and protect our mental health.

You should maintain a cautious attitude since you are learning that the dream images reflect essential messages. Respect the unconscious warnings with gratitude; they are protecting you.

Dream language is not a mystery. You can immediately translate all dream images into words that you understand. You will quickly learn it, and when you do, you'll start immediately finding solutions to all your problems thanks to the unconscious wisdom.

Human Behavior

Repetitive dreams reflect behavioural disorders not well defined and visible to the outside world.

When you experience the same dream many times in your life, it is because you are procrastinating about something fundamental that must be done for your safety. It is always related to your behaviour; the dream is not telling you to go back to school and finish your studies for example, even though this necessity could be part of what you are procrastinating about.

The repetitive dreams are very serious. They show you that you have to understand something significant that you are ignoring and that you have to change your behaviour, once you realise it. They reflect your immaturity on some levels and your ignorance as well.

Therefore, repetitive dreams reflect the repetition of your mistakes; you do not understand what you have to do, and thus you are not doing what you must do. It is why the wise unconscious mind is trying to make you aware of it in your dreams.

Your dreams address the themes of your life and your psychical world. Later they start addressing issues about other people and the reality of where you are in your life.

If you keep seeing the same dream, this is because you still haven't learned the lesson. The unconscious mind has to show you the same thing many times, in the hope that someday you'll learn the lesson.

You have to care about the interpretation of your dreams and use the unique scientific method which correctly translates their meaning.

If you cannot understand what you are procrastinating about and what is wrong with you, don't worry. Start writing down your dreams and translating their symbolic meaning - your dreams will show you which exactly your problems are and how you can solve them.

Repetitive dreams are very common; you are not the only one that sees them.

The bitter truth is that most people have repetitive dreams in their lives, but they never care about their meaning, and this is why they never correct their mistakes or change their behaviour.

Your dreams are critical messages from the unconscious mind, which is continually trying to save the human side of your conscience from the invasion of the craziness which exists in the wild side of your conscience. Dreams are like slides with lessons and essential information for you.

If you care about their meaning and you follow the guidance you receive, you are going to correct behavioural disorders and negative tendencies before they ruin your personality and your life, and discover wisdom, self-confidence, peace and happiness.

Stop Being A Slave To Your Subconscious Mind

Never underestimate the powers of the subconscious mind.

Unfortunately, most people are entirely unaware of how they can harness its power and instead struggle through life even though the solution to most of their problems resides within their minds.

The fact is you can achieve anything you want (within reason) by merely changing your "mental programming." By doing so, you will be able to access your mind's hidden resources, and suddenly the impossible is possible.

If you need any proof of this, then consider the advancements in science, medicine, technology, and so on in the past 100 years.

Such accomplishments were only possible because certain individuals possessed the correct mindset which transformed dreams into reality. A good example would be the first lunar landing back in 1969.

So therefore before you buy another self-help product, you should first consider the necessity to reprogram your subconscious mind. To do this, you'll need to learn specific techniques which we'll discuss further down.

It's important to explain the difference between the conscious and subconscious mind. The conscious mind is what you're able to control and utilise directly, similar to using your hands, legs, etc.

Your subconscious mind, however, can only be controlled indirectly. It is similar to specific autonomic functions such as the beating of your heart. For example, you can cause your heart rate to speed up or slow down using either increasing or decreasing your physical activity even though you have no direct control over it.

The Conscious Mind

Your conscious mind can distinguish between good and bad, right and wrong. It serves as our inner voice when confronted with morally challenging situations.

The subconscious mind, however, processes whatever you consciously experience and translates that information into an image of yourself in all aspects of your personality. It then projects that image outwardly by influencing your thoughts, decisions and behaviour so that your reality is consistent with its internal vision.

You might compare the subconscious mind to a computer program that projects images onto a screen based on the instructions it receives within its programming.

Concerning the subconscious mind, the obvious question is how it gets programmed in the first place. It is the result of messages that get repeated over and over. In other words, it's what we experience the most frequently that has the most significant impact on how we perceive ourselves.

It is why it's so important for parents and educators to repeat positive messages to their children and students. Often however this is not the case because negative, as well as positive images, are usually transmitted from one generation to the next.

For example, how often have you heard about children living in an abusive environment and then grow up to be abusive parents themselves? However, in spite of any bad mental programming, it is possible at any point in one's life to assume control over their subconscious perceptions of who they are by applying specific techniques. Ultimately you have the power to change your life by working with your subconscious mind versus continually fighting against it. As the old saying goes, if you can't beat 'em, join 'em!

To help get you started, here are three basic techniques for reprogramming your subconscious mind:

1. Positive Affirmations

Although it might seem almost too simple, the fact is that the constant repetition of positive statements is an advantageous technique. If you set aside just 10 minutes a day to repeat over and over various positive statements, you'll find that such statements tend to stick with you throughout the day. Try this right away...you'll be amazed at the results!

2. Visualisation

It is another powerful technique. You merely imagine in your mind's eye the life you desire and then imagine that it has already happened. How does that make you feel, more confident and relaxed perhaps?

Now hold on to these feelings and realise that everything you want in life is already becoming a reality because this is the image you are sending to your subconscious mind. Spend just 5 minutes on this exercise daily in addition to the one above...and be prepared for some significant changes to take place!

3. Prayer/Meditation

The nature of this exercise varies with the quality of your belief system. The basic concept is that by connecting with the source of infinite knowledge, we can communicate our most profound thoughts and desires and thus petition the universe to grant us all we desire. Some might consider this to be a religious experience whereas others might feel the exercise to be more spiritual.

The only caveat to these techniques is that they must be repeated daily and you absolutely must believe in their effectiveness. Any amount of doubt will weaken

your resolve and make it easier for your subconscious mind to pursue its original (and potentially dysfunctional) agenda.

CONFLICT RESOLUTION

How To Stop Repetitive Arguments

Are you and your partner having the same reactions to the same situations over and over again? Does the other person's attitude or behaviour trigger a predictable and automatic response in you?

Have you reacted to a set of circumstances in the same way for as long as you can remember? Do you remember responding to your parents or siblings in similar ways? Are you fed up with having the same negative reactions over and over again, but find it difficult to make a change?



Obstacles To Change

Face it, and there are obstacles to change. We all have them. The first one we often encounter is wanting the other person to change. Rather than trying to improve our response, we focus on what they are doing that is upsetting us.

Judging the other person as being at fault or being wrong, makes us the good one, the right one. By finding fault in others, we feel better about ourselves. But we do so at the peril of getting locked into a fixed position of blaming the other person.

Another obstacle to change is believing that it is not possible to change because we have become so identified with our reactions. We have taken our responses to be an essential part of who we are.

We have become so accustomed to our reactions that they feel like an inseparable part of ourselves, like an arm or a leg. We believe that we are our reactions. They have given us a solid sense of self, and we feel justified behaving in that way. We end up not wanting to change.

It is liberating to realise that we can free ourselves from our habitual, automatic reactions. There is a method for letting go of our automatic upsetting reactions. By letting go of old patterned responses and identifications, we can begin to see ourselves in new more expansive ways. It takes patience and practice.

Keys to ending repetitive arguments:

- ❖ Wanting to change,
- ❖ Realizing that change is up to us,
- ❖ Understanding that our reactions are not caused by the other person,
- ❖ Seeing the addictive quality of our reactions,
- ❖ Examining what we gain by blaming the others,
- ❖ Learning what our triggers are,
- ❖ Recognizing the feelings and needs these triggers bring up in us, and
- ❖ Developing an alternative method for meeting our needs.

Controlling Negative Thoughts

The human mind has incredible potential that is so often restricted by our own self-limiting beliefs. Many times we come up with an incredible idea, but immediately think about all the reasons why it is not feasible, a bad idea, or not worth the effort to pursue and develop.

Often, we are held back by negativity because of anger with others, poor physical health, or repetitive cycles of defeated thinking. Here are 4 steps to stopping the cycle of negative thinking, and allowing space for the positive thoughts that attract positive outcomes into your life:

1. Take good care of your body.

Eat well, focusing on lean proteins, fruits and vegetables, and whole grains. Take vitamins and supplements as recommended by your natural healthcare

practitioner. Most people can benefit from a food-based multivitamin and fish oil to start with. Exercise regularly according to your doctor's recommendations, ideally doing cardiovascular exercise to raise endorphin levels and keep your mood elevated.

2. Free yourself from anger against others.

First, allow yourself to feel the full impact of the anger and feel it through your body and become consciously aware of every nuance of sensation, the tight shoulders, set jaw, clenched fists and consciously decide to release your anger for your benefit.

Imagine that you are, indeed, exactly where you are meant to be at this moment, exactly how you are. Allow for the possibility that the person who wronged you did the best he or she could with the survival tools and mechanisms that he or she had to work with, however limited. Then, visualise releasing the person you are angry with into the universe, to whatever the creator has in store for him or her. Release your responsibility to punish or address the issue any further.

3. Stop repetitive negative thought loops.

If you can't stop ruminating on something that depresses, upsets, or makes you anxious, try imagining a big red "X" through the image of the thought, and say "Stop" aloud to the thought. You can also try slapping your hand on a table and switching activities to distract yourself from the thought loop.

4. Begin to embrace the goals and dreams you have.

Imagine them in full Technicolor, with all your senses. Taste it, feel it, see it, hear it, and smell it. You will find your motivation to work toward your goals increases, and they begin to manifest in your life.

Breaking The Cycle Through Honest Soul Searching

To change your perception of who you are to who you want to be, you must first create a clear picture of your ideal self. Then, and only then, can you slowly change your perception of yourself, hence your image and likeness?

Well, the truth is that we are naturally equipped to unfold from within and that all knowledge is already stored in this vast ocean of consciousness. We do not need the outside perceptions to show us the way. In a matter of fact these outside roadmaps all lead to the same place: misery, illness, unhappiness and inharmonious life.

In society's view, a 'good' little girl must grow up to be sweet, nurturing and loving. She must be there for the family 24/7, bare children and provide the

So you think you know yourself pretty well? You are generally satisfied with your moods, mindsets, appearance and productivity, and you created a beautiful home for your family. Good for you!

Opposite Spectrum

What about you on the opposite spectrum? The one that feels he/she always gets the short end of the stick. There is still some roadblock, and you can't get a break. You live paycheck to paycheck and can't get ahead. Would you like to live better? Of course!

Where and what you are in your life (believe it or not) is not due to outer circumstances, but it is solely the making of your belief system and thought convictions. It is a complicated structure of accumulated impressions, teachings, mental habits, and most of all beliefs about your 'self', over a long period. So let's reiterate that only you can create a new you, you have the power to change.

Your first step is to know who and what you want to be. Honesty with self is required to accomplish this objective. It takes some careful thought and sincere soul-searching. We can all agree that we certainly want health, wealth and happiness, even though, health, wealth and happiness might have many different meanings to every one of us.

How Can You Break The Cycle?

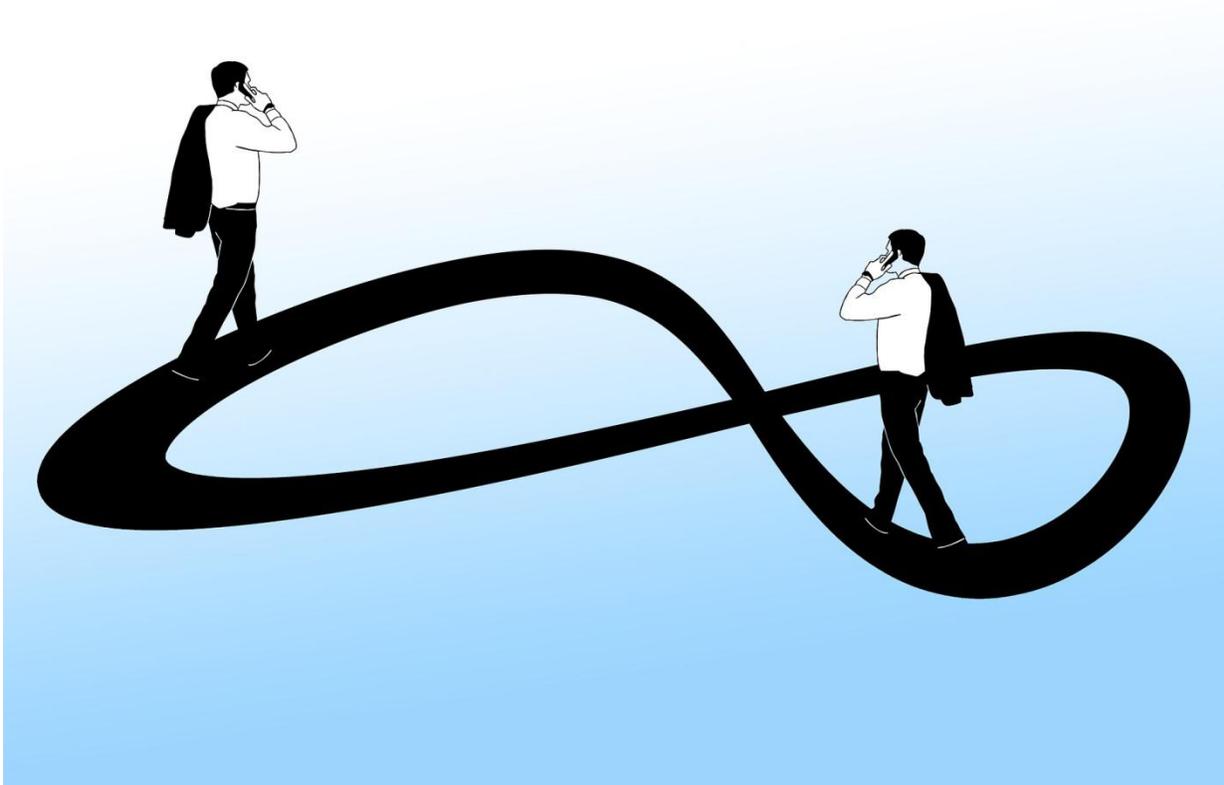
Use those 5 essential steps:

- Self-observance, through honest soul-searching
- Establish a new mental model of yourself, through finding out who you want to be
- Stay focused and determined in changing your thought habits to a more positive outlook
- Do not doubt that you can accomplish what you have set out to do and stay on course
- Love yourself and treat yourself as the beautiful spiritual being you are

STOP REPEATING AND START SUCCEEDING

Steps In Helping To Reduce Repetitive Anxious Thoughts

You're standing in the conference room with all your peers looking at you like you're about to give your big presentation. You were so confident that you were going to nail this, you've prepared for weeks. Then you start thinking "I'm going to mess this up and fail big time". It is fair to say that people do have an inclination to feel a certain way and have repetitive thoughts about events or situations that bring on anxiety.



The thoughts can be so repetitive that they mess up your ability to finish tasks, thus creating more anxiety and panic within us. This type of thinking can become a terrible cycle that can be very difficult to undo. So how can people that suffer from repetitive anxious thoughts eliminate the intensity of the thought?

- i)** An anxious thought enters your mind and whatever the opinion, the sequence of feelings is always the same.
- ii)** The anxious idea comes in, and you instantly react with fear.
- iii)** The fear you just felt sends a shock through your nervous system to the pit of your stomach.

iii) The reaction you're having within your body makes you think of the thought over and over.

iv) The stronger the ideas become, the more your mind and body start to lose control completely.

2) You begin to question the thoughts, sometimes for an entire day. The more you think about the dreams, the harder it seems for them to go away.

i) Why do I think about these thoughts?

ii) Why can't I get this feeling to go away?

3) How do you start to eliminate the unwanted anxious thoughts?

i) Don't force the thoughts away, and this is very important.

ii) Allow the thought to come in, the more comfortable you are with them, the better.

iii) The thoughts will not go away entirely, but you can change the way you react to them.

iv) When you become able to change your anxious thoughts the freer, you become of them.

The most important thing to remember is everyone, and everyone has anxious thoughts. Most people as they have the concerned idea usually think their just crazy thoughts and push them out of their mind immediately.

They see it for what it indeed is a fleeting anxious thought, and they ignore it. To people who have anxiety the anxious thought fuels out of control thoughts. Choosing how to react to your anxious thoughts are vital for reducing stress.

Try to observe the thought you are having and then label it. By tagging the feeling you are calling out where the thought is coming from, as in fear. Next, watch how the thought passes through your mind and don't judge the idea watch it. Finally, move your focus on to whatever you were doing when the thought came into your mind.

Deconstructing Your Negative Thoughts Positively

You have to change if you want your life to change. There is no question about it. When you are living life and not enjoying what it is giving out to you, the only way to turn it is by changing your thoughts and feelings to reflect the life that you desire.

So how can someone change his or her thoughts when they have been thinking in the same negative way for so long? By deconstructing the negative thought patterns and building new perceptions for life.

Deconstructing your thought patterns is not for the faint of heart. Every day we have some thoughts that can cause our lives to stay in a repetitive cycle; one that never seems to change. When you begin to deconstruct your thought patterns, you will find repetitive thinking patterns that you never knew you had.

Let's say your particular desire is to have a meaningful relationship. Begin by writing down the qualities that you would like to experience in an ideal relationship. Once you have written them down, without any prejudice see what you wrote as already happened. Maybe you wrote that you want someone who brings you flowers every day and shows you romanticism on a daily basis. Think about what you want and see what thoughts keep popping up.

Maybe your logical mind says "Are you kidding?" That doesn't even exist anymore! By finding the thought pattern that keeps you from your desire, you can look at it, see if you want to keep it and if you don't... get rid of it and replace it with a positive thought. You may not even know why you had those particular thoughts. They could have come from a family member who had a bad experience in relationship, and it lived on from generation to generation.

If Aunt Millie was a person, who didn't like romantics she could have told your mom when she was little that romantics are weak men and then your mom may have had this thought that could have then been passed on to you.

Do you see how this works? You don't need to find out why find the thoughts that you don't want or need any longer and then find a replacement for what you do want. When you find your replacement, an example could be something like this: "Romantics do exist, and there is one for me that is being brought to me right now."

Get this positive thought so that you know it well and when the other thought pattern tries to horn in on this new way of thinking replace the old thought with the new thought. When you begin to do this, and it becomes a habit then the subconscious mind will begin to pick up your new thoughts and automatically repeat it within your mind, and that is what will bring you what you want.

Cut Dense Material Patterns And Expose Repetitive Conditions

When you keep waiting for something to happen, when you procrastinate and delay venturing on, to pause from continuing to a new level, you become stagnant. To expect is to be attached to something, to hold onto something. To wait for

something to occur is a restriction that is holding you back and its energy is disempowering you? On the other hand, for you to be able to leave a situation so you can move on easily can only be done if you don't have agendas to the outcome.

Both aspects of waiting or leaving are unbalanced and if you do not achieve what you desire often creates the birth of a low cycle of depression. Now you are in a place where you have the choice to cut through it or to leave it unexposed. Whatever you choose will create its cycle, until you re-choose another pattern.

Only when you can cut through your dense material patterns, when you can expose and open the curtains of your repetitive conditions or when you feel safe enough to detect the fabric of life through the profiles of new choices, will you find the balance so that you can move on.

Let's take a look at each category:

1. Cut Through It

Your issues are the material, the curtains and the fabric of life. They refer to the patterns of your choices. What do you need to cut through? What attachments do you have that is stating you need to cut through something? Are these connections empowering or disempowering you? Do these unseen issues refer to your emotional wounds, energy barriers and mental mind games that block your energy flow? To even allow your questions to be exposed you have to be able to cut through your psychological chatter before you can cut through your lacks, limitations, doubts, burdens and fears.

To cut through something is not about dissecting or dividing it, but to expose something that is hidden. It is like cutting through a curtain of limitations of the physical, to open up and express what is behind its closed doors. Could that be to open up your creativity, your imagination and the desires of the heart, so your soul passion can be expressed?

2. Leave It Unexposed

To have something exposed brings up a fear of the unknown. The mind begins to chatter, and because it doesn't know what is behind the curtain, it is unable to perceive whether it would be good or bad.

It is duality at play. The gameplay of duality is to reason and figure out what is right or wrong, which is an imbalance and a limitation in itself.

That is one reason why you haven't been able to cut through the stagnancy of waiting and even if you did leave your procrastination tendencies behind, you

have not achieved your desires with ease because you didn't cut through the agendas of moving with no effort.

It means that when you stop waiting for something to occur and you begin to do something, to take action without compromise and contradiction, you can leave a stagnant pattern behind.

You have left and moved on without an agenda. When you have an expectation of what a desire should look like and a time frame of when it should happen and why, where and how it should occur, as well as the 'buts' and so forth, you are limiting the structure of energy.



The mind does not know beyond what it knows, so when you limit the outcome, you stop and restrict energy from flowing. Some other energy might have to be addressed before that desire can come in, or another opportunity beyond your present imagination and consciousness is knocking at your door, but due to your expectations of what you desire must look like, you cannot see that opportunity.

You have missed the boat because you have left your issues in the 'leave it unexposed, the too hard basket' of either to wait or to leave because you are holding onto agendas.

3. Feel Safe to be Exposed

Quite often the fear of the issue is greater than the depression and the physical ailment that it has created. That is leaving your issue unexposed, and that is the inability or the unwillingness to be able to cut through, to expose the underlying foundation or the cause of your problem and challenges. It is enhanced when you hold onto an agenda of how your life's script should be written and how you think your story game should be acted out on Earth's sandpit, your environmental playground.

To be willing to cut through your tightly knit fabric to expose the issues behind this woven web, you have to feel safe. If you don't feel safe to open up the curtains to see what is going on outside the window in the darkness of your playground, you will not open up the curtains, let alone go outside your house.

When you don't feel safe to enjoy the game called living life to the fullest, you cannot accept and honour the dark and the light as one unity. It is the same with facing and addressing your issues, and you must feel safe to open up because when you open up, you will be more aware and more sensitive to feeling energy so that you can release unwanted, stuck patterns and cycles.

To be able to feel safe so you can open up is to permit yourself to be in that safe energy. It is done through the deep conscious breath in the safe now moment. It is to live in the now moment, to be in the point of presence always, not dwelling on the past and not being concerned of the future.

When you dwell on the past, and the mind only knows the history, it can easily sabotage your future. It will bring your past experiences into the future because that is all that it knows. Trust and courage are the keys to allowing yourself to step into safe energy, knowing that all is well, so when you pull open your curtain, you will be able to choose to cut through the fabric of life to expose what you are hiding.

FINAL REMARKS

Anyone is allowed to make one mistake. When the same error is repeated a second time, caution should be noted. The third repetition of the same mistake constitutes habitual self-destructive behaviour that must be reversed. All must stop immediately until the person's self-discipline is thoroughly examined.

Repetitive thoughts are different for everybody that suffers from this symptom. It can become quite a nuisance and may even interfere in one's daily life. Thus hindering them in their daily routine. Let's say the individual has to go to work but is compelled to check everything in the house multiple numbers of times before they can leave. In doing so, this causes them to be late to work. It can have a very negative impact on the individual.

Violent thoughts may also ensue from repetition. These kinds of repetitive thoughts seem like a cause for concern. However, these thoughts are rarely acted upon but can cause a great deal of stress to the individual. Anxiety may also occur when these thoughts are not carried out.

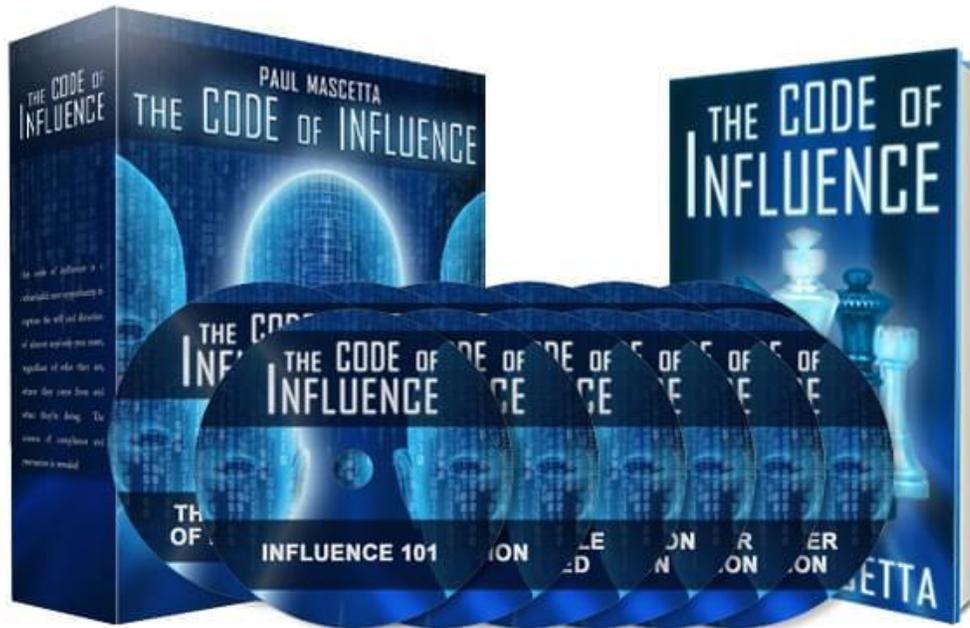
If the thoughts are not carried out the individual may feel anxiety, and if the thoughts do follow through, the individual will still feel stressed about it although significantly less than that if the feeling were not to occur.

If you choose to stop those life-altering feelings of repetition, which in many cases lead to full-blown panic attacks... You must **BREAK** the "cycle" of to return to healthy living.

Once this is done, you will be amazed at how much more productive life will be. How much calmer you can be when you understand the problem and find the solution. You too, can have your old self back, and be in control. Thanks for reading, and I wish you the best.

Also, remember....YOU ARE NOT ALONE.

RECOMMENDED RESOURCES



The Code of Influence

Ever wished you had greater influence and control in your life?

In this 10-module audio training series, you will discover the expert-level NLP skills and techniques to leverage influence in personal, professional and social relationships... and to create the change you deserve in your own life.

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