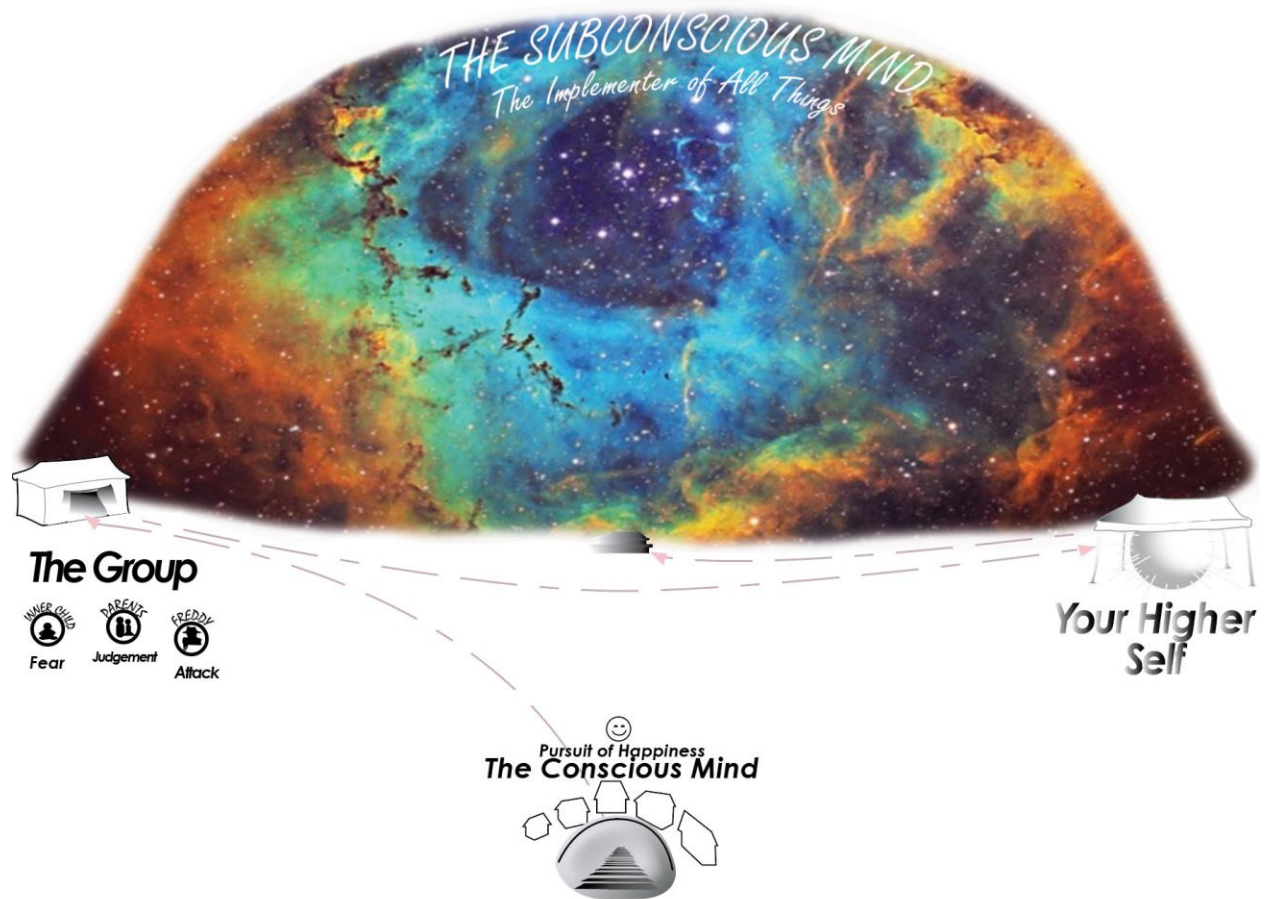


# The Pursuit of Happiness & the Subconscious Mind

By Larry Bilotta



Below are comments from real people I taught to use what I call "The Group map." This map is intended to help you practice living and seeing the world in a whole new way.

*"Hi Larry, I have been using your group map practice and something is not there anymore! I've done the "route" several times in the last two days, and I feel like I've had a kind of deliverance. A freedom from a negative influence in my behavior that was hidden deep inside me.*

*I feel a new calmness and a quiet fearlessness because I know a truth. I have slept more peacefully than I have in a long time. I feel like I've got a kind of purification happening because I have found a way to root out any negative thing that might show up."*

*JD Murphy, Green Bay, WI*

*"Larry, I wanted to let you know that I have been using your group/tent exercise and it is making a difference. I can now calm my fearful child and soothe my judgmental parents. It is making it so much easier for me to get to a place where I just choose what makes me happy, instead of getting all tangled up in my good, bad, right, wrong old system of thinking. It's really sinking in finally. Thank you so much!"*

*Anne Maden, Ireland*

Here's a summary of what happened to you.

You arrived in this world with no memory of where you came from. You arrived in a body and that body was very small and powerless. You were given people to get you oriented to this place and tell you how it works. But for the most part, those people did not know how this place operates either, so they shared several troubling ideas you turned into beliefs. You believed what those people told you was true, and this is how you have lived in this world. The result was painful, enjoyable, frustrating, exciting, boring, confusing, and often overwhelming.

Using this group map, I'm going to help you understand how you really CAN dissolve the troubling ideas given to you when you arrived here, and replace them with ideas that make sense to your conscious mind.

Those early life ideas can be put into the category called "troubling information". I say "troubling information" because the key ideas from the people who raised you can sound like this: "You're not enough", "I love you if you do what I want", "You're too much trouble", "Nothing you do will ever matter", "Work comes first, not you" or "Never trust anyone".

This is a small sample of actual messages that were given to children during their childhood years which continue to speak long into their adult lives. After conducting many interviews with men and women over the years, these adults remembered those messages and carried them with into adulthood.

## How to Understand and Use the Group Map

*It is important to remember that The Group map is not a physical map of physical things. It is an energetic and spiritual map that uses physical items to visualize and apply spiritual ideas to your life, ideas which have proven to be beyond our ability to understand in the past.*

## You Have 5 Minds

You're well aware you have a conscious and subconscious mind, but that turns out NOT to be the entire story. Your conscious mind is where your personality is and it is where you make choices. But it turns out that your two minds are not alone. You might be surprised to learn that you actually have THREE MORE minds, in addition to the conscious and subconscious mind.

These three additional minds play a major part in creating the events of your life. The classic book on success from the 1930's, *Think and Grow Rich*, made this statement in the chapter on the subconscious mind. Author Napoleon Hill, stated; "*Remember that you are living daily in the midst of all manner of thought impulses which are reaching your subconscious mind without your knowledge.*"

It is both "*all manner of thought impulses*" and the idea that these thoughts are coming at you "*without your knowledge*" that I want to focus on here. Virtually none of us knows exactly how the subconscious mind creates our lives. For example, how does the subconscious mind make bad things happen to us? Like the book title, we are told that we can "*Think AND Grow Rich*", but exactly who, or what is doing the thinking?

We now understand that your subconscious mind thinks in urges, needs and longings. We could say that it is an emotional mind. It is in your subconscious mind where your most painful messages from childhood are stored, and all these messages are packed with emotion.

Your subconscious mind is not a thing and it is not located in a place. Your subconscious mind is beyond space and beyond time. In other words, your subconscious mind is not of this material world like a brain is. But it is this mind that has the power to create your entire world in the tiniest details.

## Breaking Free From the Physical World

We are all physically oriented, so it is difficult to believe that this world is made by a mind. Our daily physical lives are controlled by a tiny set of just five senses. We have not been aware of the idea that the subconscious mind is projecting a world into existence.

The subconscious mind that operates beyond time and space is controlled by thought, so we are going to revisit quantum physics ideas to help you see how the subconscious mind is, in truth, a massive projector of this world.

Electrons which make up atoms, are vibrating. They form a cloud of vibrating energy. Electrons are the foundation of what science calls "matter", but atoms, on which this

world is built, is 99.9% empty space. Rather than being packed to the brim with the "solidness" of matter, which we would expect, atoms are not "solid" at all. "Matter", "solidness", makes up almost none of the atom and that is because the electrons which make up that cloud of atom energy, are all appearing, then disappearing.

To help with this explanation, I will quote from the Dr. Joe Dispenza book, *Becoming Supernatural*:

*"What quantum physics has proven is that space around the nucleus of the atom is an invisible field, a cloud of information. All information is made of light, frequency, and energy. The electron is not always physical matter. Instead, it exists as a possibility, a wave of potential. It is only through the act of observation by an observer that the electron appears as matter. Once the observer comes along, which is the mind, that act of observation by the mind causes potential energy to collapse into matter, into an electron. The electron appears out of a realm of infinite possibilities, from an unknown to a known."*

So, atoms are 99.9% empty space, and atoms join to create molecules, which make everything from skin, to organs, to glass, to rocket ships. That empty space is making what appears to be a solid physical world. This supposedly solid physical world, built on "empty space atoms", can create the illusion, that this world appears REAL.

But what is in that empty space in the atom, the 99.9%? What fills that empty "space" are frequencies. Billions and billions of frequencies.

Frequencies are energy and energy is what the world and all its events are made of. If for just a moment you can look past the world of things and realize that things are not just things. Things exist because energy causes them to exist.

If we use a teacup as an example, we thought a teacup was a thing, but first a teacup starts as atoms, filled with clouds of electrons that are appearing and disappearing. Then atoms join with other atoms to make molecules. Then molecules form together to make structures such as sand and clay, and structures form together to make the appearance of solidness...a teacup.

But how do we KNOW it's a teacup? Our little set of five senses tell us about the teacup. We can see it. We can feel the teacup with fingers and through feeling, we know it has weight. If the cup had tea in it, we could smell the tea and even hear the hot water pouring into it. It is ONLY your five senses that tell you this is a real world.

If the world is built on invisible-ness, meaning on frequencies, (rather than solid matter), then this world can easily appear to be an illusion of a world, and NOT the real world our mere 5 senses tell us about.

This brings us back to the idea that thought takes this world of empty atoms and decides what those atoms can do. Next, we want to see how the subconscious mind, which is all thought, can change the world.

## The 5 Minds

I began by explaining we have 2 minds, a conscious and a subconscious mind, but now I will explain we have 5 minds. What are these 5 minds and how can we understand them to create the world we want, rather than getting the world we did not ask for?

### MIND 1: THE CONSCIOUS MIND

You already know that you have a conscious mind, and the conscious mind thinks in words, can be very analytical and carries your personality. As the conscious mind, you specialize in the pursuit of happiness. **YOU, are the conscious mind. Of all the minds, YOU are the only one who can make decisions.**

### MIND 2: THE SUBCONSCIOUS MIND

As covered earlier, you have a subconscious mind which speaks in the emotional language of urges, needs and longings, and has no personality. The subconscious mind specializes in making the world it is told to make. For our purposes here, we are considering the subconscious mind as the place where all thought is implemented in the world. In this context, I call the subconscious mind "The implementer of all things". The subconscious mind CANNOT make decisions. We will consider the subconscious mind as the 2nd mind.

### MIND 3: THE INNER CHILD

The third mind is called the inner child. The inner child is yourself when you were about six years old. In the invisible realm, your inner child never grows up. Your inner child reacts exactly like a six-year-old child would react to any painful event. Your inner child specializes in fear. Fear is the first reaction of your inner child. Your inner child does not analyze, does not think, does not consider. It just gets scared!

### MIND 4: THE PARENTS

The fourth mind is called the parents. During your childhood you were awake about 16 hours a day for 10 years, a total of 53,000 hours. During those 53,000 hours, your parents gave you thousands of messages and some, or many were painful. Those messages live in your subconscious mind and react to real time events of your life. Your parents specialize in judgment.

NOTE: Parents are explained here as a single entity, but as you interact with your parents, you will often deal with them as mom at one moment, then dad at another. It's also important to remember that these are not your parents of today (if they are still here), but are the parents of your first ten years, the same way they were when you were six years old. The parents we are talking about have the same beliefs, the same attitudes, and the same value system of your early years. As parents mature, many people notice they change how they see life. If your parents are still with us, they may see life differently, but when we are dealing with "the parents" mind, just as they were when you were six.

### MIND 5: THE EGO (FREDDY)

This is the mind that is self-centered, self-absorbed, nasty, rude, and downright evil. The Ego, (Freddy) has an emotional range from suspicious, to vicious. If you go back in Eastern cultures thousands of years, the ancient texts describe this mind as the ego. I call this mind "Freddy", from the horror film director and creator of Nightmare on Elm Street and the character of Freddy, Wes Craven. Craven once said in an interview, that if we could take all the evil in the world and pack it into a body, it would look and act like Freddy Krueger. Freddy specializes in attack.

Let's sum this up. You specialize in creating happiness. Your inner child specializes in fear. Your parents specialize in judgment. Your Freddy specializes in attack.

Think of it simply: YOU, the conscious mind, is working toward the pursuit of happiness. But even as you do, there is a group of minds, living in your subconscious and reacting to all the events of your life by producing fear, judgment and attack. This is what I refer to as "The Group". ***You are not The Group. The Group is not you.***

You have had NO IDEA there is a group that brings you nothing but trouble. You didn't know who they were or what they did. If you need more proof these three minds exist, it is easy to find hundreds of psychology and self-help books that have been written, explaining these three minds, the ego, the parents, and the inner child. In these books, they do not explain these ideas as simply as I'm doing here. Their explanations are vastly more complicated, but they don't need to be.

Now it's time to pay attention to our map. The reason we need a map is because we are working with spiritual ideas that are not physical. But as a person, we are all physically oriented too. So, our map is using physical objects to locate each of these ideas in order to understand them.

We start by imagining that we live in the conscious mind, which is a small town with buildings. Here, the conscious mind thinks analytical thoughts, speaks in words, and

pursues happiness. Next, we need to show how the conscious mind has a path to the subconscious mind and this map will give you that path.

## Imagine This Inner World

What I am about to do it take you to this inner world by assembling all the detail you will need to feel like you are there. That means you will need everything the five senses would supply in that world.

Our tour of this inner world begins in your town, The Pursuit of Happiness. This is where you live. Your home is a building on the town square. It is an older European style two floor building that appears as if Sherlock Holmes might have lived there at one time. You begin your day by coming down the blackish wooden ornate staircase, dressed in a dark brown sport jacket, light blue shirt, and jeans along with the most comfortable shoes you've ever owned. You are the semi formal therapist to your group. You have the sport jacket, so you appear as an authority, the leader of minds.

You enter the double big wooden doors of your office. This is the place where you will conduct what are called "Office Visits" (we'll get back to this idea shortly), with the individual members of The Group. Your wood paneled office features two large wing backed; dark blue soft velour covered chairs. One for you, and one for the mind you are interviewing.

To reach the subconscious mind, you enter the town square which is a park, and there you go down a subway tunnel. The tunnel has no train. It is a path. The walls are covered with white glossy tiles. Above the path of this tunnel are strings of Edison lights which cast a warm glow as you walk.

As you keep moving down the tunnel, you notice it gets wider and wider, until you step into what seems to be a huge band shell that is 5,000 feet wide, and 2,000 feet tall. You have reached the entrance to the subconscious mind!

Looking out though this massive opening, you can see the cosmos, the universe of space with its clouds of stars, nebula, and galaxies. The light from the subconscious mind illuminates the area with a soft blue-glow. To the left of this massive entrance, stands a big 200' X 200' canvas tent where "The Group" lives. It is here where you, as the leader of minds, will be dealing with "The Group". You enter the tent and find your first mission.

## THE INNER CHILD VISIT

Your first stop inside the tent is to meet with your inner child. Remember, this is the six-year-old version of yourself that never ages. Your two-part mission with your inner child is first to reassure him or her that everything is going to be okay. Your message

could sound something like this: *"It's all right, it's all going to be okay, I'm taking care of everything, and you have nothing to be afraid of. I'm here for you and I'm going to make sure it all turns out just fine."* The second part of your visit with the inner child is to give him or her something to do. That part of your message sounds like this: *"This is a good day to have fun and play. Go and get yourself an ice cream cone at the fair. Later on you can go swimming with your friends."* You have just given your inner child reassurance and then given him or her something to do.

## THE PARENTS VISIT

Once you stand up from visiting your inner child, you walk over to your parents who are sitting in the same seats where you saw them when you were six. (The same furniture they normally sat in). You address them immediately saying: *"Mom, dad, thanks for doing all you did to get me all this way. I really do appreciate all you've done for me. But I will take it from here."* Then you give the parents something to do: *"I want you to have these tickets to a South Seas cruise for a month."* Notice that you started your comments by thanking the parents for what they did. This is positive and shows that you are the leader. Before you leave, you might give your parents a hug if that was normal for you at six. If they were not affectionate, you would just move to your next visit.

## THE FREDDY VISIT

When you leave the parents, you walk over to the ego, now known as Freddy in the tent. Freddy is sitting on the Game of Thrones seat. This is a metal throne made of knives, daggers and swords welded into a seat. It is meant to look intimidating. Once again, you open with a thank you statement: *"Thank you Freddy for protecting me all these years."* You are thanking your Freddy for protecting you because that is what he believes he did. Freddy sees the world as dangerous and everything he does is to deal with that danger. You do not address all the side effects that his protection created. You simply thank him and then make this next statement: *"I am taking all your against energy away from you."* You make this statement because you are announcing that the energy he used to generate all his trouble (called Against Energy), is being removed. Then you make an even more influential statement to show how serious you are in removing against energy. You then say: *"I am against nothing. I'm against no one."* Then you walk out of the tent.

## Becoming the Leader of Minds

From The Group's tent, located to the far left of the subconscious mind's entrance, you walk to the far right of the subconscious mind's entrance. You are walking across the 5,000 foot expanse of the subconscious mind's entrance, in order to reach the open air



tent of your Higher Self. It is an open air tent, unlike the closed tent of The Group, who is most comfortable hiding.

Your Higher Self appears as a soft glowing ball of white light. This is your inner wisdom who has always spoken to you throughout your life, but because The Group has been so noisy and invasive, you often did not listen to that quiet still small voice.

In order to speak to and hear your higher self, (also referred to as intuition, The Holy Spirit in Christian circles, or Jesus in those same circles), you will need to change your brain waves.

Science has verified that your brain generates brain waves depending on the emotional condition you are in. Your higher self is most easily reached when you drop down from you busy "daily life" beta brain waves and move down to alpha brain waves, and then to theta brain waves, (most often experienced as a half asleep/half-awake state).

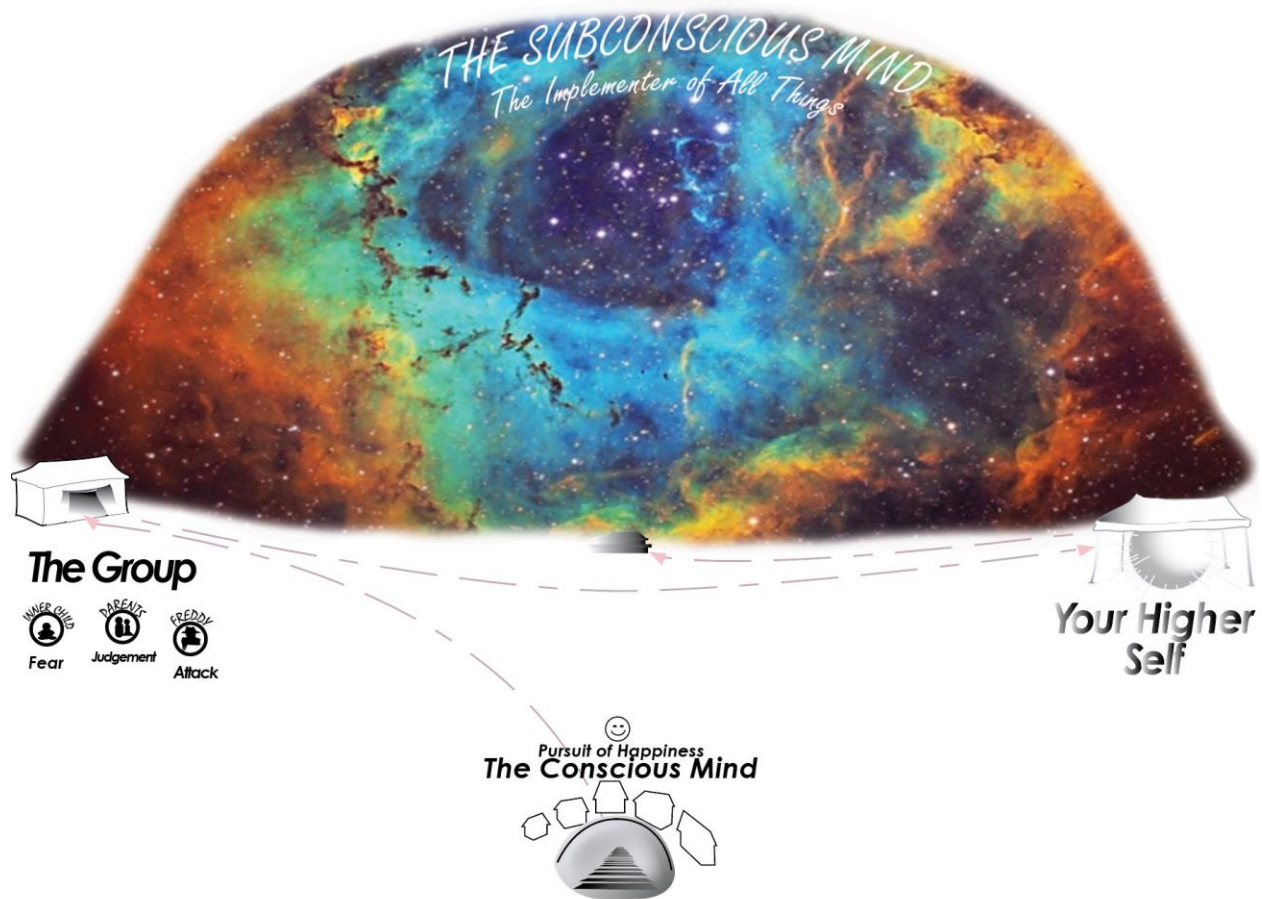
The way you reach this theta brain wave state, is to use energy containers which are words that produce elevated emotions. These words contain frequency raising energy. You use these words to raise your brain wave frequencies as you approach the light of your higher self. As you walk, begin by saying words that can raise those frequencies *such as kindness, encouragement, forgiveness, gratitude, belief, happiness, enthusiasm, appreciation, freedom, inspiration, and joy.* As you say these words, feel them emotionally. If you can, see your higher self as that soft, glowing ball of light under the tent. It becomes brighter with each step toward it.

You are in a high frequency state, and able to listen to the still quiet voice of intuition, your higher self. You make your statement/question: "Show me the way." That is the question your intuition has wanted you to ask all these years, but you have been so driven by The Group, you had limited choices. Your group thoughts were too invasive for you to hear. You might have heard, but quickly ignored the voice of wisdom.

Once you have heard an idea of your higher self, you have guidance. You are being led and now you can speak confidently to your subconscious mind and say, "This is the world I want." Tell the subconscious mind what you want. This will be YOU, the conscious mind speaking, with the ideas of your higher self.

Most of your life, you have not lived this way. Instead, you lived a life of busy survival to earn so you could buy food, shelter, and fun. That obsession over working to live took its toll in lost marriages, estranged children and many other painful relationships.

Becoming the leader of minds and doing this work is a far better option and makes it MUCH easier to live your normal life. Now let's refer to the map again and focus on the dotted line which indicates "the route".



## The Route

You now have a route like a mail carrier. You leave the town, walk down the tunnel, go left to the tent, speak with the three minds individually, go to the right to meet with your higher self, move to the center of the subconscious mind on that little stage, and speak what you want. Then you can return home to your conscious mind town. That's "The Route".

Plan to do your route at least once each morning. On difficult days, you may do the Route two or even three times in one day. Your visits with the three minds are not emotional, long-drawn-out affairs. They are short and to the point. You see your route happening in your imagination. It could happen in as little as one minute. You could do this when you are doing anything else whether you're on the phone, at a group event, doing laundry, golfing, etc. In other words, your life doesn't stop when you do "The Route".

When you are on that little stage, facing the subconscious mind, that's the time when you will create very few words to ignite a flood of emotion. The few words I'm talking

about are the words that you will say to just get the emotion started. I'm going to give you some examples of people who did this. These words are the flint that lights the fire of emotion. These are very small words, and they sound like this:

- *"We are finally back together."*
- *"He finally trusts me."*
- *"We are reconnected and living heaven on earth."*
- *"Our life is safe, stable and loyal together."*
- *"We are under one roof."*
- *"We are together on a clean blank slate."*

I'm giving you examples of what igniting phrases sound like as you speak to your subconscious mind. But the igniting phrase is not the big deal. The big deal is the emotions you feel after you say the phrase several times to the subconscious mind. Remember the subconscious mind is totally emotional. When you feel the feelings of your phrase, you are doing the work of speaking to your subconscious mind and telling it the world you want to create.

Remember, the phrase which ignites your emotions contain small words. There are no big words in the phrases so make sure that you use little words that make you feel very, very, good! Try several phrases and find the one that makes you feel the best. You know you have the right phrase when you say it multiple times and it immediately generates many good feelings.

After you speak to the subconscious mind, you go back to the town where the conscious mind lives. That's where you go back to the routine of your life.

## Office Visits

There will be times when you need to meet with your inner child, your mom, your dad, and your Freddy privately. That's when you will use your imagination to conduct office visits. Each of the minds will meet with you at your office in town where you will speak to them about why they did what they did, and you will listen. You will ask the question that concisely states the problem you are experiencing. (If office visits get too emotional, you can stop it instantly and that mind will return to the tent).

## Gill Conducts an Office Visit

To help you understand how to conduct an office visit with The Group, I will tell you this story about one of my students named Gill. I had not heard from Gill, a long-time Environment Changer in my course, for over two years. He was calling on this day because he was stuck in a kind of mental trap of beliefs. Gill had not heard much about "The Group", so I asked him to condense the problem down to one sentence

(which is your first step before you begin your office visit). For most people, this not easy to do. Helping him with words, Gill said, I'm drinking alcohol, blacking out and I'm doing bad things I have no memory of. I replied, "How about if we condense that down to this sentence..." "I'm falling into an alcoholic black out and don't know what I'm doing."

Gill agreed that was a condensed definition of his problem. The problem Gill had was beyond his ability to solve. Gill needed to learn how to conduct an office visit, and even though he did not know much about The Group, he was a very motivated learner and ready to find relief. I'm taking this story from a recording I made that day when Gill called into my Environment Changer Momentum Club call.

I explained that Gill is the conscious mind and in charge of the pursuit of happiness. But his inner child is in charge of fear, his parents in charge of judgement, while Freddy is all about attack. My job was to help Gill feel what it's like to be the therapist of The Group, and how he will find relief.

I explained that The Group has been so brutal because they hold brutal messages from Gill's childhood which drive him to drink. Until Gill experienced HOW The Group creates these cruel events, and WHY they create them, he can't be free. Then I walked Gill through an office visit right there on our call. This is how it happened.

"In your office. in the town where you live as the conscious mind, you are the therapist. As the therapist, you see yourself in a suit coat, looking professional as an adult. This is an important image for you to hold as you bring in your first client, who is little Gill, six years old and he never grows up. Little Gill specializes in fear. Here is your opening question you ask:

'Little Gill, I was curious about something. I am having alcoholic black outs and I'm wondering why you would create something like this for me?' This is a completely non-judgmental question that contains no anger, no resentment or blame. It is a question asked in an attitude of simple curiosity.

Knowing what you know about your childhood, the way your mother and father were at that time, what would little Gill say to you? Why would he knock you out and change your personality in a bad way? Why would he do that?

Gill replied to me, "Right now, I have no idea what he would say". So, I said "Give me some little snapshot stories of your childhood moments. What kinds of things happened to little Gill that would make him react so severely? (This is exactly what you will do for yourself, look at your childhood to find how that Group member will react to what is happening now). Now Gill was able to connect to this because he was there. Here is how he replied to my question:

"My dad had a very bad temper. He never paid attention to me, so I was always trying to win his love. When I was eight, I worked my paper route so I could give my dad a good fishing rod, reel, tackle box and fishing license. I gave it to him for Father's Day, but a few days later, in a big fight with my mother, my dad smashed the rod, reel and tackle box. Dad was always abandoning us, leaving us with no electricity, he could not hold on to a job. My mother was self-centered, a different kind of abandonment. It would kill me when my dad would leave us even though he was so mean.

So, my whole life, I thought that if I could be everything to everybody, give up on my wants, I would be loved, but then I would end up blowing up in anger like my dad and resenting the people in my life.

I help Gill recenter on talking with little Gill: "You are asking little Gill why he would put you into an alcoholic black out. Imagine that little Gill says to you, "The reason I had you black out is because I thought it was a really good way for you to not suffer." Remember, little Gill is real in the mind. So little Gill answers about blacking out, "It was a really good way to not suffer." In essence, little Gill is saying "Why don't I wipe out the whole world and then we won't suffer."

Gill responds at that moment with "That's it! That's it." I can feel it. I reply, "Ok, we're not done. Next you bring your mother into the office and ask her the same question. "Mom, I'm curious about something. Why would you have me go into an alcoholic black out? Tell me what your thinking was on this. What would your mother say? Remember Gill, this is the mother of that time, married to that man called your dad." Gill responds, "That's a tough one. I don't know. I'm at a loss for that one."

I must help Gill, so I say, "Let's go to some childhood references about your mom." Then Gill remembers, "I thought the world of my mom, but she was always mad at my dad because she was well educated but, in her family, it was the men that worked, and her husband would not work and she was furious about it."

I respond with "Let's take that little snapshot as we look for your mother's answer, so what if her answer was "Well Gill, if I didn't black you out, then you would become your father! And you should thank me for saving you!" Gill immediately responds to this with "Holy crap! Excuse my language. Yes, that's it. I'm writing this down.

I continue, "What do we have so far? We've got little Gill saving himself out of fear, and we've got your mother saving you out of judgement, because that's what the parents do, they judge. Gill adds, "My mom was very judgmental."

"Now let's bring your dad into the office so you can ask the question again. "Dad, I was wondering about something. Why would you put me into an alcoholic blackout? Why would you do something like that dad? Again, we are going to do the same process.

Think about your dad in those years. Gill then connected the dots and said "My dad would say I did it, so you didn't have to suffer under that woman you fell in love with. Women are nothing but pain. I was saving you from her. I saw it coming and you were too blind to see it. That's why I blacked you out. The reason I had to do what I did was to save you from women!" Gill replies, that one was very easy to find. That is what my dad would say."

Now it's time to bring Freddy in and when he comes in, he's got the black hat, the burned face, the red and green striped sweater, the knife claw glove, and an attitude. You say, Freddy, I'm curious about something. Why would you make me go into an alcoholic black out, and take over my personality and make me do all those bad things I could not remember? I remind Gill that Freddy specializes in attack and defense, and I ask Gill, what does Freddy say? Gill replies, "He says, I made you black out so you could grow some balls and be a man and tell people how you really feel and put yourself first for once." I ask Gill, how do you feel about his answer?

Gill replies, "I feel very good actually."

Let's look at the four answers of The Group. Little Gill says "I made you black out so you would not suffer". Mom says she did it so you would not become like your father, and you should thank me, Gill reinforces, "which was something she would totally say". Dad tells me he did it to save me from women. And Freddy says he blacked me out so I would be a man and put myself first for once.

I sum it up this way: "Gill, you just interviewed the four minds that cause you to no longer pursue happiness. These four minds did something you know to be very destructive, but they don't see it that way. They see themselves as saving you from something they consider a threat.

Your Group is exactly like children who solve their problems with very narrow information. They have no ability to predict side effects of their actions.

In the world of the mind, there is no time. There is no past, present or future. Now is all there is and that now is the same condition they were in during your childhood years. We are looking at timeless characters that are stuck in time but reacting to events in your present life. They are reacting to present events in exactly the way they would have reacted to those kinds of events at that time in history.

Gill replied, "I was constantly asking myself why I was not successful in doing the work of an Environment Changer. Now that you guided me through this exercise and I wrote it out, it makes total sense and answers the question about why I couldn't do what I knew was right. I feel a huge relief right now."

Let's talk about how you're going to keep that sense of relief. You are going to do your route like I described. Your job every morning is to leave your office, and get your route done. Every morning, this route is a kind of meditation.

## The Group Attacks Damian in Target

Damian, an Environment Changer in my course, told a real-life story that demonstrates how to live your life as the leader of minds. This story happened the way Damian describes it. It shows how to use this leader of minds power in real life situations.

Damian had a childhood with a very verbally abusive father and the effect of his father's messages almost lost Damian's wife and family in divorce, but Damian turned all of this around by becoming the leader of minds.

The story begins with Damian visiting home stores such as Target, and experiencing panic attacks for no apparent reason that anyone could see. He often visited these stores alone and would have these panic experiences, but in this one incident, he was with his wife and children in Target for an otherwise normal family shopping visit.

They were going up the escalator to the second floor of the store when Damian had the thought that he would do an affectionate gesture and pick up his wife physically as a playful move since they were in that phase of improving their relationship.

Instead of doing this physical action, Damian decided to go up one step to where his wife was standing on the escalator to tell her what he was thinking of doing. She made a joke about his intended action but contained in her joking response was a mean-spirited attitude.

Damian's Group jumped into action and saw this mean-spirited idea as a threat. Immediately, Damian fell weak in the knees and could hardly hold up his body. He had to support himself on the shopping cart. He lost the ability to be aware of his surroundings, and could only consider if his children were safe in the store. Beyond that, he lost all ability to have a conversation or respond normally, humanly. The Group had taken him over.

His wife saw a visual change in Damian that was so dramatic, she asked if he was ok. Damian's body and face was so physically affected by The Group, that his wife said he look "shell shocked". That's the phrase she used. "Shell shocked", a term reserved for soldiers in war. Damian's wife was verifying what The Group can do to your body in a physical way.

The Group can grab your body and do almost anything they want, all in the name of protecting you. Even though your Group cannot make decisions, they can do a lot of damage to you physically and emotionally if you do not decide to be the leader of

minds and consistently calm The Group to the point where they no longer can do what they did to Damian at Target that day.

What Damian did at that moment was conduct office visits right there in the store. Damian became the therapist of the minds, put on his suit jacket, saw himself as the leader, the authority, brought little Damian in, asked him why he was doing this panic attack thing, brought his mother in, asked the same question, brought his father in, asked the same question, and finally brought Freddy in and asked the question.

The moment Damian completed his questioning of The Group, an amazing thing happened. The Group gave up their entire panic agenda and released Damian from their grip. An astounding accomplishment! Damian was doing office visits in Target. Within 30 seconds, Damian was back in his right mind, fully aware and alert and feeling much better. He proved he was the leader of minds and the pursuer of happiness.

## **Become a Leader of the Minds “Black Belt”**

I hope this exercise has helped you become aware of the 5 minds operating within you. You now have the guidance and tools to become their leader so you can take control of your life and experience a sense of relief, happiness and freedom.

If this has helped you and you want to learn more, I encourage you to register for a Marriage Strategy session to see if becoming an Environment Changer, or in other words a “black belt” at becoming the leader of minds is right for you.

[Learn more here.](#)