

## *Session 4 – Make Your Mind Your Ally*

### **Inner Freedom Method Step 4: Scan for emotions and “Memory Pops”**

#### **Understanding memory pops**

If you have practiced the Inner Freedom method of feeling the energy in the body (with yourself or with a player) over the past week then you have probably experienced a “Memory Pop”. A Memory Pop is when a memory of a past event or experience “pops up” while feeling the energy in the body. This is a very common phenomenon because the buzzing energy in the body is connected to a past event.

As we go through life we experience events; some that involve us directly, others that we observe. Some events happen thousands of times like eating a meal. Some events happen rarely – like a parent or sibling dying. All events that we experience have energy but some have a lot more energy than others. Most events have little energy so the energy easily flows through the pipe. Some events are more energetically intense. The intensity of the event is relative to the size of your pipe (capacity to feel) at the time.

Example: When you think about going to a networking event your body buzzes with energy. As you feel into this energy you have a memory “pop” about a time when you were a child and your mom was freaking out because you were talking to a stranger.

#### **Buzzing energy sparks reactive thoughts**

This is the mechanism that creates REACTIVE THOUGHTS and is a BIG INSIGHT:

#### **Your conscious mind thinks thoughts that will justify your body’s experience**

It starts with an uncomfortable physical sensation in the body;

If you resist it, your mind will start to justify why that feeling is true - **you are in danger**.

YOUR Conscious Minds #1 job - keep the body safe and alive!

Example: So when you think about going to the networking event, your mind starts thinking of reasons why now is not a good time for you to go.

#### **Here is how to facilitate a “memory pop”.**

After your player feels the energy in the body.

ASK: When was the first time you remember feeling this energy in your body?

Wait patiently.

A memory pop will usually happen.

Tell them: If it is too personal, you don't have to tell me the details about what happened.

If no memory pops up,

Ask: Did you notice any emotions coming up while you were feeling this energy?

Listen for energetically charged thoughts  
it is OK if they didn't notice any emotions

*Question: What are your recent experiences of Memory Pops*

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*Question: What are your questions about Memory Pops*

## **Inner Freedom Method Step 5: Name the Survival Intention and find the perfection**

### **Find the perfection of the Survival (subconscious) Intention**

So we keep going with our example.

- The thought of going to a networking event causes you to feel buzzing sensations in the body and your mind comes up with 20 reasons why you cannot go to this event!
- This is your mind serving your "survival intention" to stay safe and avoid talking to strangers.(and the survival intention to avoid making your mom freak out!)
- When your body is buzzing with energy you basically have the capacity that you had at the time that energy got stored in your body.

### **Key Points**

- This is called "inner resistance" because the survival intention to stay safe conflicts with the CORE intention to play big and meet new potential clients. When these intentions are in conflict you experience inner resistance
- Traditional personal development concepts often urge the person to BANISH NEGATIVE THOUGHTS from your mind. This does not work because your conscious mind is not in charge when you feel fear!
- Instead we teach PLAY with fear using judgment-free awareness. Your mind is simply serving an old "survival" intention rather than your new "CORE" Play BIG intention.

### **The Key Question**

#### **After exploring the Memory Pop a little bit...**

**ASK:** *What do you think was the "SURVIVAL intention" you came up with in that moment.*

Listen and dialogue together. This is a powerful conversation for them.

**SAY:** *These SURVIVAL intentions serve an important purpose in our lives.*

**ASK:** *How did this SURVIVAL intention serve you at that time?*

This is why it is critical to practice feeling the energy first to put your mind at ease...THEN explore the survival intention.

Learning from each thought and seeking to understand the SURVIVAL is extremely freeing to most people. "You mean my mind is OK?" Yes.

Your mind is awesome – NOW let's get it to serve your new "CORE" intentions more often than the old "survival" intentions from when you were small.

*Question: What are your questions about naming the survival intention?*

## **Inner Freedom Method Step 6: Make your mind your ally**

### **From React to Respond by Thinking Clearly**

#### **Transformational Shift: From react to respond**

React - your mind supports your survival intention (usually something keeping safe, staying small or fitting in)

Respond - Your mind chooses to support your NEW CORE intention to play BIG

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**Your mind is your ally when you can think clearly about the current situation without emotions from the past clouding the picture... AND then CHOOSE if you want to play safe or play BIG!**

Another BIG point here: When you feel into the energy caused by survival intentions you can then more clearly feel energy related to present- moment intuition. There will be times when what you feel in your body is a “knowing” that IS related to what is happening now and that your conscious thoughts should pay attention to.

Key Point...

What are often described as “Negative thoughts” are almost always thoughts serving a SURVIVAL - unconscious – INTENTION to keep safe, stay small or fit in. And they are serving IT in a positive way. There is nothing wrong with the thoughts you have.

All thoughts serve a purpose. They may NOT be serving your new CORE intentions for your new game – but they ARE serving something.

Your mind is powerful and we will make it your ally by creating awareness of the SURVIVAL INTENTION, seeing the value it has had and then choosing a new intention. “Personal Growth” occurs when you expand your palette of intentions and corresponding thought patterns and consciously choose.

**That is why the tag line for this program is: Create Winning Choices**

*Question: What would be possible if your mind was your ally and you could choose when to play safe and when to play BIG?*

## Coaching Outline for Session #4

### 1) Replay or preplay the critical moment of choice

#### 1a) Choose The "moment" to focus on

**ASK:** *What "moment" do you think we should focus on right now?*

**Listen:** *It is important that you are both clear about the action and the intended results.*

#### Find a RECENT example to replay or a FUTURE example to preplay

**ASK:** *Can you recall a recent example of avoiding the action?*

**OR**

**ASK:** *can you simply imagine yourself doing the activity in the future using visualization?*

#### 1b) Start the Replay/Preplay Technique

**ASK:** *Are you in a place where you can safely close your eyes?*

**Assuming they say yes...**

#### Start the Visualization

**SAY:** *close your eyes, breath naturally, and take a few moments to create the scene.*

**ASK:** *Can you describe the scene for me?*

### 2) Use judgment-free awareness to Scan for Thoughts and Inkings

**SAY:** *It is very important that you **maintain judgment-free awareness** during this exercise.*

**ASK:** *Do you notice any thoughts going through your mind?  
What are they?*

**Just wait and listen**

**ASK:** *With the moment slowed down a bit is there anything else that you notice about the situation?*

### 3) Feel the Energy in the Body

#### 3a) Scan the Body

**SAY:** *Now I want you to scan your body for physical sensations from the top of your head down to your waist.*

**ASK:** *What are you feeling in your body?*

**If they feel several things (this is common)...**

**ASK:** *Which sensation is the most intense?*

#### 3b) Feel the Energy (Allow it to be there)

**SAY:** *Bring your full attention to the physical sensation. Feel into it as deeply as you can. You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.*

**ASK:** *Where is the feeling in your body?*

**ASK:** *Does the feeling have a shape? What is it?*

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**ASK:** *Does the feeling have a color? What is it?*

**ASK:** *Does the feeling have a temperature? What is it?*

Be very affirming and open to whatever IS there.

**SAY:** *I want you to just feel this sensation for 30 seconds. I will time you. I will be here if you want to say something. I will let you know when 30 seconds is up.*

Stay fully tuned into them and just be there – keeping an eye on your watch.

## 4) Scan for Memory Pops or Emotions

**ASK:** *When is the first time you can remember feeling this sensation in your body?*

Wait patiently. This may take a few moments. Listen carefully.

Dialogue as much as feels right.

**SAY:** *If you want you can tell me about what happened. But you don't need to.*

**IF they don't have a memory pop, then...**

**ASK:** *Did you notice any emotions?*

Listen carefully and be with them – they will often share lots of interesting things.

## 5) Find the Perfection in the SURVIVAL Intention

**SAY:** *When things like this happen we come to conclusions about life; especially ideas about how to survive the situation. And of course since you were young at the time, your capacity to understand was limited.*

**SAY:** *Typically these survival ideas involve keeping safe, staying small or fitting in. We call these "SURVIVAL Intentions"*

**ASK:** *What do you think was the "SURVIVAL intention" you came up with in that moment.*

Listen and dialogue together. This is a powerful conversation for them.

**SAY:** *These SURVIVAL intentions serve an important purpose in our lives.*

**ASK:** *How did this SURVIVAL intention serve you at that time?*

Listen. Often people are judgmental about their SURVIVAL intentions. Help them to see if from the perspective of the young person they were at the time. Remind them to use judgment-free awareness.

## 6) Make Your Mind Your Ally

**SAY:** *What happens is this: when a current moment in your life is energetically similar to an earlier moment, your body starts to buzz with energy because the emotional component of these memories is actually stored in your body.*

*Since these moments were emotionally intense, your body feels that it is in some danger. When this happens your mind starts to produce thoughts based on that fear because your conscious minds #1 job is SURVIVAL.*

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**ASK:** *Can you see a connection between the thoughts you are thinking now, and the emotional energy of the earlier moment?*

*Listen. They may see the connection right away. Or you may have to help them see the connection. Often it is much easier to see as the observer than as the person "in the moment". Your perspective will add a lot of value here.*

**SAY:** *Now what we want to focus your mind on your NEW CORE intention to play BIG*

**ASK:** *What is your CORE intention?*

*Listen. Also you can remind them.*

**ASK:** *What are some thoughts that you can think that will support this intention? And allow you to respond powerfully to the situations you are facing?*

**ASK:** *What else?*

**You can keep asking for more examples until you feel that they are really in the flow of thinking openly.**

## 9) Preplay the moment with new pattern language

**SAY:** OK. Now we are going to create a new picture for your CORE intention to Play BIG that you can live into for the next game.

**SAY:** Close your eyes again for a few moments.

**SAY:** Now replay the scene the way you want it to be; imagine you have power, freedom and the capability to make the right moves.

(wait a few moments)

Now, see yourself getting the results you desire. See it turning out just right.

**SAY:** Open your eyes again and share with me a little bit of what you saw

Listen as they share about the new picture.

**SAY:** Ok, Let's create the game for the week

Coach Note: Create a game for the next time period. Make sure it includes the activity that you just did the replay on.

