

# EMBARK ON A JOURNEY

REWIRE YOUR BRAIN

BUILD NEW HABITS

CREATE A NEW IDENTITY

*A group of people who are looking to find  
their true identity and by doing so  
finding God's true identity.*

YOU HAVE THE POWER TO CHOOSE

# THE 100FOLD JOURNEY





**WE  
HAVE  
THE  
MIND  
OF  
CHRIST**

I Corinthians 2:16

# The 10 Truths

**TODAY, RIGHT NOW, IS THE BEST MOMENT OF  
MY LIFE**

**ALL MY NEEDS ARE CONSTANTLY MET**

**I AM ALWAYS IN THE RIGHT PLACE, AT THE  
RIGHT TIME**

**GOD HAS GRANTED ME FAVOR, IN THE SIGHT OF  
THOSE AROUND ME**

**EVERYTHING MY HAND TOUCHES, PROSPERS**

**I HAVE AN ATTITUDE OF GRATITUDE**

**CIRCUMSTANCES DON'T MATTER, ONLY STATE  
OF BEING MATTERS**

**I HAVE UNLIMITED POSSIBILITIES & RESOURCES**

**I WILL BE GOD TO SOMEONE, TODAY**

**LIFE IS A MIRROR, WHICH REFLECTS BACK,  
WHAT I TRULY BELIEVE AND THINK**

Memorization

Application

Meditation

Share from  
last week



# *Transformation Toolkit: Imagination* *& Co-Creator*



ABNORMAL THERAPY MIND  
ALARM TRAUMA STRESS  
EMOTIONS BRAIN COGNITIVE  
PAIN NERVOUS SYSTEM  
WORRY ANXIETY  
NEUROSCIENCE TREATMENT CONTROL  
PSYCHIC MIND RECEPTOR DEPRESSION  
THERAPY MEMORY  
WORK CHRONIC STRESS SYSTEM  
DEPRESSION ALARM PAIN SHOCK  
STRESS FEAR PEEVE IN PAIN  
PSYCHOLOGY NEURON SHOCK  
MIND THOUGHT SYSTEM  
SHOCK  
EMOTIONS FEAR CAUSES  
PAIN THYROID DISORDER  
THERAPY DEPRESSION  
MIND PAIN  
STRESS ALARM  
ELECTROSHOCK

# Reticular Activating System

- Job of R.A.S.
  - A Filter System
    - Filters out the unnecessary from the necessary as it comes in through the 5 physical senses
    - Constantly looking for evidence of your program all day long
      - This is because YOU are telling it what to look for
  - Why?
    - Sensory overload / Protects your Brain / Don't need it all
      - Every day we have \*34Gb (34 billion bytes) of information through our 5 senses, simply too much to handle and manage, so we need a filter
  - R.A.S. is a learned mechanism that can be programmed & re-programmed
    - You are the CEO of your thoughts - You get to decide what program you want to run
      - You get to decide how you Think - Act - Feel
        - Money, Health, Work, Friends, Spouse, Kids, Freetime
    - You also get to decide what you allow in through your 5 physical senses
  - How it works
    - Filters through all 34Gb of inputs and only allows what you programmed to come through
      - Talking with someone - word pops out
      - Reading something - article appears on the very thing you were looking for
      - In a crowd or meeting - you just happen to overhear
      - Talking to someone directly - confirms exactly what you were thinking
      - Example: comedian - always looking for something funny in every situation
  - FACT
    - These answers were always there, you just did not notice them before because of the program

## Reticular Activating System

- How to use it / program it / take advantage of it / rewire your brain / renew your mind
  - Be the CEO you were created to be - Create your program - Create S.M.A.R.T.E.R. Goals
    - S - Specific
    - M - Measurable
    - A - Attainable
    - R - Realistic
    - T - Time Bound
    - E - Exciting
    - R - Risky
  - Write these goals down - be very clear
    - Create a Vision board
      - R.A.S. loves pictures and visualization - it crystalizes exactly what you want it to filter out and look for
      - R.A.S. does not know the difference between actual vs dream
  - Ask questions to help lock the goals in
    - How did it feel when you got this
    - How will you know when you achieve this
    - What will achieving this do for you, what's the result you desire, what does that look like
    - How will you think, act and feel when you achieve this
  - Repetition - reprogramming your brain - builds confidence (10 Truths)
    - Keep these goals on the top of your mind / make it "important" to you
      - Energy flows where your Attention goes
    - Talk to others about it
  - Follow the breadcrumb trail - the path will light up for you - comes by way of rest
  - Gratitude for already achieving your goals
    - Feel the feeling of having it now
      - Waiting to feel grateful will run the program of waiting
      - Too hard will run the program of it's too hard

# **What do you want for your life?**

**Am I satisfied with my current life experience?**

**What if true transformation is possible? Do you want to find out how to get there?**

**Money**

**Health**

**Work / Job**

**Friends**

**Spouse / Significant Other**

**Kids / Grandkids**

**Freetime**

**Being a Co-Creator - we get to chose the WHAT - God chooses the HOW & WHEN**





*Motivated*  
Thinking Higher

# Money....Mindset Shift

## Current Mindset....

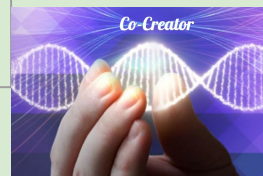
- Need to work hard for my money
- Money is only for the rich
- You have to be smart to manage money
- Money is the root of all evil
- I was raised in a poor environment and it is just my lot in life
- I will never have enough money
- I am worried about the recession and what it will do with my money
- Everything is so expensive
- I can't afford what I want
- I have a limited supply of money
- As soon as I get it I either spend it or it is taken away
- I will not be able to retire anytime soon

## New Mindset....

- My business is valued at \$125k in the next 3 years so that I can travel globally and share that with a significant other and support my family and friends
- I will buy a new home in the next 18 mos with my savings of \$30k and with my car paid off enjoy my new truck and boat to go fishing
- I will buy a new home in the next 18 mos with my savings of \$30k and the kids will have a safe place to play and go to school

**S** - Specific  
**M** - Measurable  
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**E** - Exciting  
**R** - Risky

**Being a Co-Creator - we get to chose the WHAT - God chooses the HOW & WHEN**



Thank you for providing all the money and resources I need with plenty left over. Thank you that it comes to me easily and naturally . Show me how best to manage this money and be a blessing to others. Help me to act, and think in such a way that this is a reality for me now, and to live “as if” I am retired with plenty in the bank. Everywhere that I have fear or doubt about not having enough money I delete it, un-create it, un-story it across all dimensions, space, time and reality. Thank you that all my Needs are Constantly met Thank you for providing my Abundance Just like this garden, my finances, investments and future are full and abundant All my investments are profitable and growing Money works for me

