

I Just Want To Be HAPPY
(Transforming De-Motivation)
By
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E-Book/Module

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Published at Smashwords

Introduction

There is an understanding that some of the material within this module may appear deep, and at times overwhelming. However, **please do not let it get the better of you**, as it is nothing more than jumping onto a bicycle, or getting behind the controls of a car for the first time. As this module is likely to introduce new words, and a few new techniques, the first read could be taxing. This is expected. However, please bear in mind that like a bicycle and a car, second, third and fourth attempts get better, and while you may not be in the habit of re-reading material, please give it a go.

This module is aimed at helping you to cultivate the energies and forces of motivation using “*Dynamic Techniques of Conscious Transformation*” that will produce uplifting and magnetically positive outcomes.

Nevertheless, this module is not a quick fix. It is not about teaching, inspirational pep talks, or any other form of a superficial uplift. Past results demonstrate this type of motivation to be like a high from a fizzy drink, or adrenaline rushes from a roller coaster. Initially, they may display temporary fixes, but lasting change is far from permanent.

This module has three key goals:

- 1 – To identify, uncover, and grow your own natural motivational forces.**
- 2 – To discover how to transform the energy of motivation in to self-motivation.**
- 3 – To uncover and apply these dynamics, which is not just motivation alone**

Self-motivation is where good, positive, productive, and the naturally supportive energy of motivation becomes self-maintaining, and self-sustaining.

Does that sound unrealistic?

Well, right now it may, but as you move through this module, gradually applying the techniques. You will find that maintaining self-motivation can be as effortless as reading these words.

Though with that in mind, please be aware there are significant differences between de-motivated, motivated, and self-motivated individuals, and throughout this module, we will be discussing each powerful dynamic in much greater detail. In doing so will equip you with the highest skills and best chances of energizing yourself, and the people around you to work and operate from the highly attractive state of self-motivation

Section 1 - The Dynamics of De-Motivation

In recent years many published reports have stated that on average, 75% of all individuals will at some point face brief, or long periods of de-motivation. As it will be demonstrated later, brief states of de-motivation can be natural, even “**positive adversity**” in action, but prolonged or permanent states are demoralizing and destructive. It goes without saying that left unattended, de-motivation can and often is a precursor to depressive illness, work absenteeism, and in a minority of cases, suicide. Though the use of the suicide word was not inserted to scare you, it is an unfortunate fact of today's modern world. However, please know that once conscious of depressive de-motivation, it can be turned around as effortlessly as it was created, and states like lethargy, laziness, depressiveness and suicidal tendencies can all be genuinely transformed.

When we look around at today's societies, it's easy to see present day man connects so deeply with the material world. Work, goals, pressure, mundane tasks, dislikable colleagues, and harsh environments are accepted in pursuit of material success. Yet at the subtle levels of life; essential needs are pined for.

Irrespective of life's levels, i.e. from cleaner to captain, builder to banker, all individuals have needs, specific desires, and personal preferences. If these are not identified, nourished, and brought into everyday life. Then at some point, de-motivation creeps in.

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It may or may not surprise you to know that the average individual thinks approximately 50,000 thoughts per day, with only 15% contributing towards their daily work. The remaining 85% are being used up on personal issues.

Though, think of it another way. Imagine you visit an Internet café, there are 100 computers, with 85 already in use. You take a seat and begin to surf from one of the un-occupied desktops and downloading is slow to almost unimaginable. As the band-width has a maximum transfer rate, when 85 from 100 computers are pulling from the same source, then the remaining 15% have limited capacity.

As we all more or less have the same mind/brain processing power, the above example could easily bear relation to the human brain. Albeit we are not aware, in any given day

we experience around 50,000 thoughts (per day) and that's normal. However, if you were able to monitor and calculate each and every thought, then one might be surprised to discover that around 85% of daily thoughts are related to personal issues of worries, fears, what if's, what might be, and so on.

Taking it a step further. You are most likely aware that the average individual consumes around 2500 calories per day, and that the human body relies heavily on the **quality** of these calories. For example; you already know that consuming 2500 unhealthy calories will not produce the same physical appearance as feeding the body with healthier options. Now for a moment, and just for some fun, turn your attention to your own mind and monitor the quality of your thoughts. In general, would you consider your mind to be thinking good, or unhealthy, positive or negative, optimistic or pessimistic, motivating or de-motivating calorie thoughts?

Now extend this exercise by thinking of someone outside yourself. It could be a boss, an employee, a lover, a partner, a friend, etc. Though for a moment, try to imagine the quality and the percentage of their quality thought's.

While we could assume something and draw upon a judgment, to gauge with accuracy would be impossible right? Well, please allow us to assist a little and furnish you with some relatively new, but also some fairly common information. An averagely motivated individual will use around 15% of their daily thoughts related to work and career issues, with the remaining 85% going on personal stuff such as home, family, friends, worries, fears, dreams, desires, and anything else that passes through the mind.

Now here's the not so good news...

The above was an average, not a de-motivated, but an average person. Highly demotivated individuals are likely to be internalizing, dwelling, and obsessing even further, with as little as 5% thought attention contributing to their working day.

As thoughts pass through the mind at the rate of around 1 per second, and thoughts are only ever one of two polarities, i.e. positive or negative, motivating or de-motivating, love or fear, the quality of our thoughts are paramount.

It doesn't take much working out to conclude that 1 negative thought leads to another, and left unattended, the gravitational pull will be towards experiencing a mind consumed with de-motivation.

Now, with these statistics in mind, we can begin to see how individuals, staff, departments, and whole businesses can struggle or fail and not really know why.

However, there is also some good news. As the same apparatus that calculates negative thoughts, also calculates positive thoughts, so the good news is, "there's a fix". This fix is not rocket science and you don't require any brain apparatus to apply. It's quite simple and it enables an individual to increase their overall contribution, productivity, and output.

While it may come across as far fetched, **the dynamics suggested within this**

module have been designed to automatically invoke this positive fix. They do this without brain apparatus because during the past 10 years, all the “positive fix” denominators have been put into words for a speedily read and easy digestion.

OK, let's move forward...

It may also come as a surprise to know that de-motivation is still the energy of motivation; the only difference being is that motivation is being used in the opposite form. However, rest assured as this can be reversed and flipped into the positive.

Though when we come across or hear the word “de-motivation”, in a general sense it's assumed to be all negative, however the good news is (and as we will show later) that de-motivation also possesses equal amounts of the good stuff, i.e. natural, genuine, positive, and healthy self-motivation.

For a moment, think of de-motivation as a tree. The tree has a root, a trunk and many branches. Though you already know it is the leaves on the branches that carry nourishment to the root, and de-motivation can be thought of in a similar way. That is, de-motivation like the tree has a root, and if we are to stand any chance of influencing and changing de-motivation, then we must be prepared to head for it's root.

While heading towards the root for the first time things can get a little unsettling, rest assured that once you discover the knack, not only will you find it truly beneficial, it's an aspect of personal development that becomes fun.

Let us now take a brief look at an example in action;

Take an overweight person whom wants to lose weight, yet they feel de-motivated in doing so. Not fear, just de-motivation. Let's assume they **consciously** do not fear obesity, and do not feel that being overweight would be the result of a core fear. In fact, the very idea might genuinely put them off - this is a natural dynamic of defense. Nonetheless, as in the case of the overweight person, their root is most likely to be as far back in their past, perhaps not even recallable.

However, speeding things up a little. When worked back from the leaf to the branch, then the branch to the trunk, so to speak. The overweight individual may be surprised to find that their de-motivation was not what they originally thought, but de-motivation was being powered by an additional set of dynamics that was overlaying and masking out their motivation. When they became aware of these dynamics and the rules that govern them, they were able to change them, which then went onto positively impact their weight-loss program.

However, you may now be thinking this module is leading you down a path of self administering psychology, or mentoring you through a program of self-development, (which to a small degree is true), but there is an addition.

The addition is a method called “Dynamic Conscious Transformation”, or DCT for short.

The method, system and techniques being spoke of here are the understandings of how human behavior, and our actions and reactions are common across collective scales and

how we can consciously change the way we interact within our own world. In other words, as a human we are all subject to same specific dynamics, i.e. defense, resistance, motivation, stress, etc. etc. and while we might all act and react with individual indifferences, scratch the surface and often we all operate much the same way.

Dynamic Conscious Transformation is highly exciting and at this time and moment in human evolution, using dynamic techniques of conscious transformation are one on mans best development tools.

Though, now you have made the decision to transform de-motivation, a supportive tool, is developing attentiveness to understanding your own tree. Spend a little time and attempt to reach into and identify your root, i.e. core.

Though, for now, please do not overly concern or try too hard with yourself on this, as when we begin to work through this module, the root will naturally expose itself. This process is perfectly normal, and a reassurance is given here that like the root of a tree, once the root of de-motivation rises, identifying and dissolving it is as effortless and as natural as reading these words.

For example, have you ever noticed that when the roots of a tree are exposed to sunlight, survival diminishes?

Well, more, or less, it could be said that the same applies to de-motivation. As once the core is exposed, then without any effort on your part, the “**conscious self**”, automatically kills the root.

Now what follows is a small section where we are going to expand and briefly explain some deeper aspects of life. While it could have easily been left out, we felt that the long-term benefit to you was greater than the short amount of taxing it puts up the eyes to read and the brain to digest.

So here goes - Though not yet fully understood, science is now suggesting that, “**consciousness**” may indeed be humans' form of light. This means that when something is raised from the ⁵sub-unconscious, (the unaware part) to the conscious mind, it invokes a process of ⁶electromagnetic change. Once this process is underway, the knock on effect is a change in a person's physical biology. It is becoming widely understood that the mind induces these biological processes through electrical impulses known as hertz. We will omit deep science, only to outline that the human brain houses approximately 80-100 billion neurons, which are also electromagnetically pulsating. It has also been recently discovered that one's entire physical existence emits an overall and collective electromagnetic, electrical pulse, called hertz.

Albeit the above is a little taxing for everyday digestion, nevertheless, as we work through this module, the value of this information will become immeasurable.

Nevertheless, we will not attempt to foolishly, or blindly convince you of any unquantifiable material. As by the time you have completed this module, the proof will rest with the transformation of yourself, and if you feel that transformation has not been satisfactory, then we really would like to know about it.

Now, let's get back to the dynamics of de-motivation.

As you will already know, de-motivation like self-motivation could be related to not as a word, but as a “**feeling**”. The feeling word is used because as we will show later, both states of motivation, i.e. de-motivation or self-motivation generates a feeling. It is this feeling that we are interested in because it is the feeling that influences. Though it could be said de-motivation is bad, and self-motivation is good. The reality is that they are neither positive, nor negative. They just happen to be at the opposite ends of each other. For the technically minded that is, polar opposites, though for layman's, we just use the word “opposite”. Nevertheless, and in a sense of motivation, both forms are using the same energy of “motivation”.

Confused? Please do not be, as all will become clear as we move through. Though lets just briefly clear it up in saying that motivation is the human dynamic, and that motivation can be used positively or negatively. In other words, the human energy of motivation fuels de-motivation as much as it fuels self-motivation. So whether you come across someone who is depressed with de-motivation, or ecstatic with self-motivation - the human dynamic being used is **motivation**.

Let us now look at the energy of de-motivation.

What is it made up of, and how do we deal with it?

Is the energy of de-motivation a physical thing?

Well, there may be a sad looking, or lethargic individual. Yet, to understand motivation we must first let go of our everyday normal thinking and switch to a thought process of “motivation is energy”. It doesn't matter if you do or don't understand human energy, as long as you catch the phrase “motivation is human energy”.

You already know that motivation cannot be perceived with the five senses. That is motivation cannot be seen, it cannot be heard, it cannot be tasted, touched, or smelt, but you know it exists and it is real.

Though, if it cannot be seen, heard, tasted, touched, or smelt, where is it and how do we know it really exists?

Because, as you already know, we “**feel**” motivation and if we don't feel it, then we don't perceive it.

So, here lies a simple secret. However, before it can be addressed anywhere, we first need to grasp its origins.

The Origins of De-Motivation

To get to the root of de-motivation, the energy will need to be traced from the leaf back to the root, so to speak. Though as we are discussing the origins of this energy, for ease and understanding, let us start from the root forward.

From our own long-term studies, some individuals as far back as early infants appear to

have been birthed pre-installed with de-motivation. We use the term “pre-installed” loosely and openly, as what is really being said is that, for a tiny minority even recalling infant-hood did not produce the root. However, this is irrelevant, as by adulthood, even the individuals that could not recall childhood roots, still possessed the innate ability to positively impact, and change for the better.

So what exactly do we mean by the term de-motivation?

Prior to any conscious awareness, and most likely when an individual is a small baby, motivation began its journey as a neutral force. In other words, it is neither positive, nor negative, and it is just the raw energy of motivation, before it takes on one form or another. Yet to become self-motivation or de-motivation the neutral energy must gravitate to one of two options, i.e. positive or negative.

Option 1 - self-motivation, which is commonly understood as good positive motivation

Option 2 - de-motivation, which is commonly understood to be negative

We have already discovered that in its raw state and prior to any adult awareness de-motivation is neither positive nor negative. Yet more often than not, by the time you reach adulthood, come across motivation, and develop the ability to identify it, the dynamic has already taken on a form. In other words, by the time you become aware of any motivating forces, they will be felt as positive forces of self-motivation, or negative influencers of de-motivation.

You may well now be pondering a natural question like why as a human are you designed to be birthed, grow up and develop into an adult without having the ability, knowledge or influence to make these dynamics work positively for you from the beginning.

It's a great question and one that does not have enough space to be addressed without sidestepping from motivation. Nevertheless, just because the origins of de-motivation go back as far as early childhood, maybe even further. One does not require the answers, and does not require psychotherapy, hypnotherapy, or any other form of mind altering treatment to dissolve, and transform de-motivation into its positive form of self-motivation. In fact, and when you really get the hang of this, you too will find it easy to transform de-motivation from one state to the other. Though prior to that transformative process, de-motivation does require some degree of “**observation**”. As we need to trace back, root out, and dissolve the original core driver, self-reflection through self-observation is the key. Though as already outlined, like the root of a tree, once exposed, the core of de-motivation will unfailingly die.

Though when you begin looking for the origins of your own de-motivation, try to without judgment, quietly and calmly observe. Try to mentally and emotionally stand back from yourself and just watch and listen to where and when you experience de-motivation. In doing so, you will discover a great deal about yourself.

Yet, and again we are speeding things up. From our long-term studies it was discovered that whatever a person discovered about him, or herself, the current task, or situation that they found themselves to be in, were “**not**” the cause, or the actual root of their de-

motivation.

This might sound frustrating which in retrospect is a great paradox of all mankind. The upside being that when the dynamics of self are addressed, then professionally the individual flourishes. The knock-on, and the whole reason for this module is that when de-motivation is transformed into self-motivation, not only does the individual, but their entire life, job, career and business grow.

Soon we will begin to observe your de-motivation in greater detail, however, for now, please read on for there are additions that make this transformative process effortless, smoother, and quicker.

Drivers of De-Motivation

Have you ever noticed that for a small minority of individuals no matter what, they appear to be driven by, even thriving on de-motivation? They are the portrayers of doom and gloom, the spreaders of pessimism and the prophets of future failures. Sadly, and is often the case; for these highly de-motivated individuals, everything in life is viewed as a negative.

However, these individuals are not intently negative people, but are those who have grown up operating from negative core roots. For de-motivated individuals, a bad day at work, or even a de-motivating job is rarely the cause of their de-motivation. What looks like de-motivation on the surface is often found to be a trigger. It's a little like the finger on the trigger of a gun, its not the bullet that does the damage; **it's simply a trigger to a mechanism that inflicts more damage.**

De-motivation can be thought of in the same way. That is, while the surface event will indeed be a real de-motivating factor, like the finger on the trigger of a gun, once past the surface trigger there will be another mechanism leading back to a core root.

Now cast your mind back to earlier where it was outlined that the average brain houses approximately 80-100 billion cells? Then imagine one of these single cells communicating to, and then influencing tens of thousands of others, **"because, that's exactly what they are doing"**. As our mind is housed in a brain, and the brain encased in a bone skull, rarely do we give the very thing that thinks for us any real thought. Yet the reality is that our tiny neurological brain cells are all busy at work communicating and influencing each other.

That means for a de-motivated individual, whether aware or not, they are automatically driven to be influenced by, respond, and react from their core energy. If their core has unintentionally but somehow become negatively charged, then their brain cells have no other choice but to accept and pass on this negativity.

It's a little like having a contaminated millpond and then popping one clean fish into that dirty pond. Leave it for a year and then pull out the fish to re assess it. You already know the outcome. Contaminated pond = contaminated fish.

Though what's very exciting about this discovery is that unlike the fish who when subject

to contamination, is doomed to an existence of toxicity. Human energy can be manipulated into change. It has been discovered that negative human energies such as de-motivation can be reversed and flipped into their positive form and then used positively for daily inspiration, desire, and ultimately **positive self-motivation**.

It can do this because human energy has no preference what it is used for. In other words, de-motivation or self-motivation, it's the same energy of motivation. What it is being used for differs, but the energy is the same.

Have you ever noticed that de-motivated people tend to be the most defensive, reactive, resistant, and the least likely to embrace changes moving forward?

From long-term studies and with detailed analysis, very simple human dynamics were found to be the propellant behind these negative drivers.

However, these discoveries are not so new as since as far back as science and metaphysics go, it was said that there are only two core drivers that dominate human beings - love and fear.

Though before we get too bogged down with the love and fear words, lets go over a brief example of de-motivation and where these two root drivers may come into play:

On the outside, Michelle is a smart office girl, successful in herself. On the inside she finds motivation, though she termed it "change", difficult to apply. In fact, whether personal or professional, she knew that any prospective changes were met with inner pain. A strange as this sounds, motivation by way of pain is extremely common. However, this is not referring to the pain of losing one's job, or the fear through loss of a financial incentive. The pain being talked of is "pain by way of physical experience".

For a portion of individuals, there is "personal pain" where certain people tend to self-judge themselves for not feeling good enough. Above and beyond their role of duty, when worthiness or self-esteem lack, pain sets in. While this might appear insignificant, often pain feels more natural, and when uncovered, a portion of individuals have been found to be using this system.

Nevertheless, and regardless of the above, root core driving energies exist. Most likely these are rooted, and connected to early life experiences, and as we have already briefly covered, **rarely are they the consequence of present day occurrences**.

Now please brace yourself, for it is only when we tackle the deep can we understand the ripples on the surface.

Think of daily events in life acting as triggers to de-motivation. That is, when a person feels de-motivated, the roots and fuel of this de-motivation also influence new neurons, which, when you get to know your own neurons, it's like putting clean fish into a dirty pond. In other words, when existing neurons are already contaminated then the new will also become tainted. However, there is a slight spanner in the works but it's not meant to confuse. In addition to taking direction from already contaminated or existing neurons, there is an overall influence and direction from the root. Because the core of a person,

that's their root. Is far stronger than any surface feelings, therefore the root plays an important part. Though just bear in mind for now that the root, and any it's influences, are likely to be hidden, or in other words, "unaware of".

It's a natural cycle of growth, yet if the core is a founded upon a fear, then the cycle is a vicious one. In brief, the more fearful one's past, the more likelihood of present day de-motivation. Yet here's the really surprising part. When asked, most individuals cannot think of, recall, or even perceive a time where they felt a fear that would then go onto drive them, but as this happens mostly from birth to adulthood, the conscious part of the self naturally no longer uses it. This is so and will be explained later because if the original formed neuron was negatively influenced, then away from your own understanding and awareness, something else was going on. Electromagnetically it became negatively charged, which is then "set in stone", which then goes on to be used by the unconscious aspect of self.

For future - all of life's new experiences (which if already negatively charged) become unfavorably influenced, and soon enough anything and everything is viewed and experienced in a negative light. The outcome is that de-motivated people become more sensitive than others, connect to low self-esteem, lack confidence, feel lethargic, sad, and all things negative.

Nevertheless, there is genuinely good news, because although de-motivation has a negative core and is hidden from the surface. De-motivation is nothing more than an *effect* from a cause. Paradoxically, and it will be explained later. The negative cause that creates the effect of de-motivation also possesses equal amounts of positive motivation, which makes the whole transformational process possible.

The Effects of De-Motivation

De-motivation is where individuals, or groups of people do not think or feel compelled to display enthusiasm, and they do not feel energized to carry out set tasks or goals.

Although it's discussed later, in order for de-motivated individuals to remain de-motivated, another human dynamic comes to life. That is, de-motivation partners up with and then uses the energy of **resistance**. When this happens, things compound and it soon becomes likened to the sick trying to heal the sick.

Resistance like motivation is also a non-physical *energy* that silently operates from the subtle levels of self. Resistance attached to de-motivation manifests negatively, which then serves to further distance individuals from their daily tasks and goals. However, please do remember, that de-motivation and resistance are sub-unconscious drivers, and it is not something that you or any individual experiencing them will be aware off.

Can you recall earlier it was stated that not all de-motivation is what it appears to be? Let us now round off with a quick metaphorical analogy.

That is, if de-motivation could be viewed like a physical energy, it might look like fat. As you know fat breeds lethargy and once accumulated, it's difficult to shed. The effects of de-motivation are not too dissimilar, yet unlike fat; the transformational process is not

so taxing. Yet, when it comes to de-motivated people, please make a note to refrain from voicing criticism or pep talks to them. As it may appear that de-motivated individuals dislike everything around them, and that they need a good waft of motivation, because the root is hidden away from the surface, criticism and pep chats only serve to make things worse.

Finally, let us conclude this section on a positive note of change.

Change may happen in two ways -

1- The de-motivated person is left alone to his or her devices, they are left totally unaware of how their human dynamics operate, and their issues are ignored in the hope that one day they will naturally resolve themselves.

However waiting for this type of positive change, is like waiting for a life-changing lottery win.

2 - The second and preferred way is to actively seek out de-motivation in the same way a person might look for a set of lost keys, etc. Positive change can happen when the root core is sought out and raised to the individuals' everyday awareness. As once the root is exposed and the formation of it understood, this is called processing. Once processed, the magic of life and reality take over and like the root of a tree exposed to sunlight - the root core of de-motivation naturally dissolves.

This method takes effort, yet it genuinely transforms de-motivation into self-motivation.

Section 2 - The Dynamics of Motivation

Now we are going to explore the dynamics of motivation. Not just de-motivation, but self-motivation (before it becomes one thing or the other). That is, in its birthing, or resting place, “motivation” could be referred to as name only, i.e. “**motivation**”.

In it's raw state, it can be said that the human energy of motivation is neither positive, nor negative, good, or bad, as more often than not, it is other peoples suggestions that label motivation.

That is, should it be viewed negatively as de-motivation, or positively as self-motivation?

Nevertheless, there is an uncanny truth that motivation (like all human energy) is neither positive, nor negative. What creates its direction is the “influence” in which polarity it is magnetized.

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When viewed for what it originally birthed as, that is “neutral energy”, the raw energy which science call $E=MC^2$. Then we can begin to accept, and allow transformation.

This is not to baffle your brain, though as we will discover further on, whether de-motivation, or self-motivation are labeled this way or that way. Both states hold equal

amounts of positive motivation. That is, inside the human dynamic of de-motivation you will also find equal amounts of self-motivation, and vice versa. Inside self-motivation there are equal amounts of de-motivation.

Again, the following has been included not to blind you with science, but to show that human energy is just “energy” and until it is given a direction, it is neither positive nor negative.

With this in mind, please take some time to digest the following paragraph, as it is perhaps one of the most poignant, practical, and useful subsections throughout this entire module. In the real world, it is what highly motivated people are using. Albeit they may not be consciously aware of, what they have managed to achieve, is to swing their neutral energies into a positive form, which are now working for them. So regardless of motivation swinging negatively towards de-motivation, it can indeed be flipped to its positive form of self-motivation.

However, let's not exhaust this only to say that $E=MC^2$ is the famous Einstein equation for all energy and matter that make up the universe. Without getting too technical, $E=MC^2$ makes up motivation, $E=MC^2$ makes up de-motivation, and $E=MC^2$ makes up self-motivation. You guessed it. This is the same energy transforming, one-way, or the other. Not positive, or negative, just this way, or that way.

The good news is - This means that de-motivation does not lack the energy of motivation and the same energy can be used to self-motivate instead of de-motivate.

Put another way, it could be said that motivation is like a vehicle. For example, a vehicle can be used to transport desirable, or destructive materials. The vehicle, does not judge or care for what it carries, it just does what the driver instructs it to.

The energy of motivation is the same in so much that it only acts as a vehicle and does not judge what the energy of motivation is used for.

This is incredibly simple, yet extremely vital information. Nevertheless, on occasions simplicity is often thrown out in favor for a more complex answer. We suggest, **this is indeed one of those occasions**. As whether motivation is expressed as de-motivation, or as self-motivation, is entirely dependent upon one's own internal relationship between the desire, goal, or outcome in question.

Though, to wrap this section up. During the initial formation and birth of de-motivation, or self-motivation, the choice to which way the energy is influenced is not likely to be a conscious one. As will be covered later, past links formed relationships of like, or dislike, good, or bad, positive, or negative, which then serve to influence the direction of motivation. That is, should it be perceived as de-motivating, or self-motivating? Yet, as these connections and relationships are performed automatically from the sub-unconscious, this is not something of which an individual will be aware of.

The good news is that with a little effort, the energy that drives motivation can be influenced, turned around, and changed.

The Origins of Motivation

Above it was stated that motivation is a neutral energy of $E=MC^2$. In layman's terms, it means that motivation is not a physical thing. However, this is not an attempt to blind you with the science of psychology, only to say that without "motivation", humans may not even exist. Though we rarely give it much thought attention, the very nature of life requires motivational energy to eat, sleep, move, grow, and develop, etc. Individualized out; one could attribute tens, if not hundreds of character traits that demonstrate and harness the energy of motivation.

As an example: He is prosperous because he has strong will power. Alternatively, he is prosperous because he is insecure. She is an excellent employee because she listens. Alternatively, she is an excellent employee because she is passive.

Which is it?

Which energy motivates?

Which is the main core driver?

Is he motivated by the fear of insecurity, worried that he may not achieve?

Or is he motivated by the genuine desire for the love of success?

Likewise, is she motivated by the fear of passivity, worried that she might say, or do the wrong thing?

Or does she genuinely strive for the desire to grow, developing herself, and the company?

Which is it?

Either way, it is motivation right?

Yes, you got it. No matter what! Whether fueled with fear, pain, inspiration, or desire, the *energy is motivation*.

Albeit extreme, the sheer strength and power of these motivating forces can be seen in the following example.

At the point of suicidal despair, individuals who miraculously survived jumping from the Golden Gate Bridge later spoke of a last minute desire to live. Albeit this surfaced at the point of no return, it is conclusive proof that sub-unconscious drivers exist. Yet how do we know these to be innate and that they did not jump for attention?

Well, for those unfortunate individuals who had jumped (and somehow miraculously survived) spoke openly of what flashed through their mind during the four-second fall. They stated that after jumping, and when there was no way back, that four-second fall turned into slow motion. They then described a reversal in their gut instincts from desperation and death to a desire to live.

However, let us now move on.

It is said that at the root of all human dynamics, and that includes motivation, desire/love, or fear/pain are at the core.

This can be discovered and experienced during sex. Yes, have you ever noticed how powerful, and "how much a part" sex can play in business?

There is a simple but true story, and it goes like this:

A man employed a beautiful woman, not to gawk at, abuse, or secretly betray his long-standing spouse. On the contrary, he was already in love, yet motivated by beautiful creations. Inherently he knew that by surrounding himself with pleasing motivators, he would experience uplifting and inspirational positive energy forces that in turn would drive him to get up, go to, and return from work. According to the story, the man used this system of motivation throughout his entire working life. He served well into his eighties, was happily married to one woman, and was respected by all his staff.

OK, this is a somewhat comical chauvinistic example, yet, could this be how the world, including modern man still functions? Male and female innately driven with two primal motivators - **Fear** and **Love**.

However, while it is commonplace for women to use the love word, for men this is totally taboo. Yet when a man desires something, is he really stating a desire, or is it a core love that has neatly evolved into a desire? With no sexist intent, it is widely understood that men tend to manifest life's motivators through their physical world, while women express through their emotional. Men might feel motivation from desiring a powerful car, while women through a fictional emotional love story.

In a general sense, though not meant as absolutes. Men's motivational desires can be seen expressing through anything and everything that is connected to the prospect of physical stimulation. Whereas for a woman, she is said to operate from the heart, and anything and everything that touches her emotions will at some level motivate her. A man's fear is expressed through his egoic mind, with power and control at the top. While a woman's fear is expressed through her heart, with a lack of worthiness and fulfillment at the top.

Does a man go to work, for the love and desire of humanity?

The reality is that unless the company is his, he thinks only for himself, and his own personal successes. He thinks only of his position in his world, his material possessions, and his sexual attraction too, and from the opposite sex. Modern man may have changed, yet his primal motivational drivers have not.

Does a woman go to work disconnected from her home, her family, and her children? Does she leave it all behind in favor for the love of the company?

Irrespective of her outward appearance, women are different to man. She feels; she nurtures; she cares, and rationally evaluates all that she does. She is in touch with her emotions, aware of beauty and love, and she thinks mainly of balanced and fair outcomes. Like men, modern women have changed, yet their primal motivational drivers

have not.

FACTOID

While a man can be motivated by the power of physical attraction in a woman. A woman can be attracted by the power of emotional passion in a man.

We could go one.

However, let us now look at individuals who operate from core survival energies. As when striving for daily targets and goals, these individuals cannot help but remind themselves of their own core fears. For example, we all talk to ourselves and during these periods of self-chat, individuals operating from survival tend to fret more and stress over daily activities, which then push them into operating from a platform of concern, eventually becoming de-motivated. Yet when individuals are operating from the opposing platform of desire, the exact opposite is experienced. That is, one may feel love for the very thing they are doing, or aiming towards, and that includes their work. Though this is not real love, it is where self-motivation expresses through enthusiasm, inspiration, and excitement, etc. However, there is a major difference.

In brief and when operating from fear/survival, we can visually perceive this person to be moving away from something. We may not know what that something is, but generally it is not too difficult to get a picture of what's going on. Likewise, when a person is operating from love/desire, as a general rule, we can sense their passion and what it is they are moving towards. The key words here are moving away and moving towards, or briefed down even further - towards or away. If you like, it can be related to as a duality, i.e. positive and negative, push and pull, for and against, etc. etc.

FACTOID

Operating and living from fear shortens, while operating and living from desire lengthens life?

By now, you may have already worked out that whether motivation is operating from a root fear, or root desire, as motivation is only the “dynamic”, or better stated, “vehicle”. They both use the same energy of motivation.

Though what's really being brought out from the woodwork and highlighted here, is that the origins and roots of motivation are not as detrimental as the use of it. To rationalize and understand this even further, we only need to look back in history. After several thousand years of social human studies, no single answer has arrived for how and why the dynamic of motivation exists. Only that it does and that humans would not be human without it.

So, while the origins cannot be traced back to the absolute beginnings, for most the energy itself can be traced from birth. As we will discover later, many de-motivating factors are unknowingly self-programmed that can with a little effort, be undone.

Business Motivators

It is often said that sound business decisions are based on practicality, commercial viability, sound and rational reasoning, profitability, and concrete business plans. While this may indeed be true, the following will add a few additions.

For a moment, think of yourself as an invisible business observer that has the ability to overlook any small, medium, or large enterprise. You can see, hear, and feel everything, from the workers, to the chief's perspective.

Now ask yourself, are business decisions being made purely and practically on business alone, or does personal preferences, judgment, and agendas come into play? Is there ever a time whereby you can honestly say that there was no personal opinion, judgment, no physical, emotional, or mental input?

The reality is, that there has never been a time simply because personal motivations are what influence every business decision, that has ever, and will ever be made. While there are professional planners, and strategic group decision makers, each one has their own individual set of motivators. This is not to suggest there are wrongdoings, it is a simple reality of life.

For example: Common knowledge suggested that the late Steve Jobs of Apple Computers carried out emotionally expressive business decisions, whilst his competitor Bill Gates of Microsoft was said to demonstrate more composure. Therefore, most assumed Bill to be the better businessman. Yet was Bill really making only professional decisions based purely on business alone?

Most likely not.

At best, Bill Gates projected and delivered himself differently, perhaps retaining his real motivators to himself. Yet, at his core; business is extremely personal.

So lets uncover a trick - "***I am motivated by business***", really means, "***he or she is motivated by their purpose in life, and that purpose will be expressed through business***".

It might look drawn out, yet skim the surface and the likelihood is that Bill Gates was looking to express his inner feelings through a purpose that would bring more meaning, than business alone.

For example, this expression starts off, birthing itself 100% subjective. In other words, there is an idea. It is a personal Bill Gates vision. Though, to get that business vision off the ground, he must get others must buy into it. For a time, Bill must put his personal ambitions to the side, and tap into the subjective motivators of others. However, with application, focus and growth, Microsoft becomes big because collectively, every employee sub-unconsciously buys into Bill's ideas. They have done so because he has skillfully extracted their subjective motivators, while merging them with his own.

Now, remember Bill's motivators were subjective. That is, in the initial stages, it is most unlikely he would have shared his ultimate goal with anyone other than himself. Had he

of done so, Microsoft may not have been. So he motivates others into his vision, by tapping into and exploiting their motivators - only then, can he develop the ability to merge them with his own. That is he offers financial, material, and other incentives based on his staffs subjective visions. Yet, that is not all. It is highly likely that Bill Gates; the late Steve Jobs, and other great business leaders initiate, develop, and grow their businesses not just by financial incentives, or promises of a great career. *They develop a knack to identify, understand, harness, and work with key individuals' personal motivators.* They do this because they know only too well, that impersonal businesses, corporations, and organizations lack the motivation to become truly successful, and thus they can fall apart quickly.

Please allow a quick example.

A large extremely successful corporate company decides to enter rapidly expanding China. There is a meeting with the board of directors, one of which was proud of his past accomplishments. When future projections and positioning of the company were put to him, this was his reply. *"I am not here for the company, in fact; I dislike everything about this joint venture, and I am passionless about ^{8*****}. Nor am I here for the good of China, I am here for myself. I am here for the future floatation and what it will bring me."*

The above is a true story, one of a sad reminder how personal business can be. Yet, please do not let this dismay you, for even the most ardent employee (like the gentleman above) can be transformed into a self-motivator, that not only works for the good of himself, but also operates for the good of the company.

When de-motivation strikes, there is only ever two choices - Either is consumes you, or you consume it.

Section 3 - The Dynamics of Self-Motivation

Unlike raw motivation, self-motivation is a propellant, a catapult, and a manifestation of inspirational human forces. Self-motivated individuals focus on growth, development, and forward movements. They strive to thrive, require less management, and overall, less motivational inspiration.

Why?

Because they are "self-motivated", though as positive as this sounds, please bear in mind that self-motivation is not a natural state of being. It is where the energy of motivation has been internally harnessed, and transformed to operate from either a fear, or desire. Oops, that fear word came up again!

Are you puzzled? After all has been outlined, are you perplexed as to how and why fear could become a self-motivator? Please relax and allow an explanation;

Remember you already know that the energy of motivation is just that, **raw motivation of $E=MC^2$** , and when operating from negatively perceived or fearful experiences, it can and will go on to create de-motivation. De-motivation in a sense whereby the individual

will actively feel sad, or depressed by the fear, but with self-motivated individuals, they don't experience the same thing.

Self-motivated people internalize the same fears as a de-motivated individual with one exception. They have no negative experience attached to the fear. That is, there is no negative mental thoughts, negative emotional, and no real life physically associated event. It is a fear, but a healthy one.

Here's a quick example:

1 - You may fear losing your job.

2 - You may have lost a previous job.

3 - You may have already lost a job and suffered from the consequences.

There is a difference in all three, though for the first two, there is unlikely to be an associated "**negatively attached fear**". Whereby with number three, if there has been a loss of job and a suffering in the process, then there is likely to be mental, emotional and physical baggage.

For examples one and two above, they may go on to create healthy fears, whereas for example number three, where they physically suffered, and if the experience is perceived as a negative, it will most certainly create or contribute to "a core de-motivating energy".

Only with digging around and uncovering the inner self can one engage with, identify, uncover and dissolve the culprit of de-motivation.

However, for self-motivated individuals who are operating from desires, the process is exactly the same. That is, the energy of desire acts as a stimulant, creating an associated "desirable associated, positive experience", which propels the individual forward. Please allow it to be strengthened that neither fear, nor desire alone are self-motivators. To become a human dynamic that propels, they must first attach to a mental, emotional or physical real life outcome. Not only that, whatever the outcome is, i.e. a real life event. Then the energy of motivation is obliged to select either fear, or love. Did you notice the deliberate shift and transition from the word desire, to love?

The Origins of Self-Motivation

Though there are thousands of stories, it is thought that man became self-motivated after he developed the "awareness" of motivation. While there is no exact date, early records show that as individuals, cavemen were recorded as self-motivated.

Here is a brief outline:

Caveman₁ becomes skilled at carving out comfortable caves, while his neighbor, Caveman₂ develops incredible hunting skills. Eventually, both men become aware of each other's talents, and engage each other's services. Caveman₁ sets about carving a new home for Caveman₂, while Caveman₂ hunts food for Caveman₁.

After a while, Caveman1 becomes lazy, staying at home each day, refusing to carry out his agreement altogether. However, Caveman2 continues with his agreement to supply daily fresh food. After one week, Caveman1 is idling around, while Caveman2 is still going strong. Two weeks later, and Caveman1 has still not picked up a tool; he is now growing fat and Caveman2 has endured enough. He knocks on Caveman1's door asking why it is that he is not stuck to the deal. Caveman1 answers swiftly and simply - Because there was no motivation to. He said that whether he carved the cave or not, Caveman2 was still willing to bring him food, consequently, leaving little to no motivation.

Though you may be thinking that Caveman1's de-motivation must have existed before he down tools, your thinking is right and we will come back to this story later.

Of course, this tale is simple and there is no validation of its truth, yet from reading such fun; we can begin to glean the origins of motivation. What shapes and forms this human dynamic is a series of basic likes or dislikes. These experiences are then backed up with an emotional or mental charge. If the life experience is liked, it can form self-motivation. If it is disliked, it can then go on to form de-motivation.

The Effects of Self-Motivation

It has already been said that the energy of self-motivation is more attractive and desirable than de-motivation, and the effects are equally as impressive.

Self-motivated people tend to exhibit more external awareness. They generally operate with vast amounts of autonomy, at the same time they are self-managing. Operating from self-motivation radiates and emits a very different electromagnetic signal, and while it might be suggested that these people make great sales people, and they do. It is not confined to just selling. Self-motivated individuals can, and do, operate throughout every level of business; they are achievers, go about their business in a calm manner. They are patient, cheerful, confident and loyal.

Though the effects are inspiringly positive, like de-motivated people, most self-motivated individuals are not aware of their core motivators, and that goes for their effects on business. This is not mentioned as a negative, it is a highlight only. While self-motivated individuals are more autonomous, yet like all staff; they too require purpose and direction.

Though, as you already know, self-motivated people naturally and effortlessly magnetize business, while de-motivated individuals repel.

That is, when de-motivated people enter a room, meeting, or otherwise, you know and want them to avoid you right? Without words, their negative impact upon others is felt immediately. However, the same can be said for self-motivated individuals with one exception - they are the polar opposite, emitting positive feel good, uplifting and inspirational energy. Positive people are the ones we naturally feel attracted to, not because they are attractive, but because their positive energy appeals to us.

As the gap between science and metaphysics bridge closer, new understandings are coming to light. That is when a person enters the room, like a mobile phone, they emit a

signal. Invisible to the naked eye, this silent **buzz** is **electromagnetic** in nature, which enters not just the minds, but the entire realities of others. Nonetheless, everyday awareness, that is surface reality, does not perceive this signal but for the subtle levels or life, there is no overlooking. (These electromagnetic impulses are now recordable with appropriate apparatus, and are re-defining reality as you read). This is now explaining what has for a long period of time been unanswered. Why it is that one person picks up and perceives much more than the other.

As these studies are work in progress, it has been discovered that people impact others, not by their physical presence alone, but in their whole being. That is, conscious or not, seen, or unseen. Like a telephone signal moving through the airways, there is an invisible message that reaches all targets. In short, when a self-motivated individual enters the room, he or she will without doubt impact the mind, and overall reality of others. Again, conscious or not, intent or not, the impact is a positive radiation through others.

This is perhaps why it is said that some managers, without any effort can plug into, and identify future talents of self-motivated individuals.

Section 4 - The Mentor's Role

Though we are not talking of motivational speakers, positive mentors, or life coaches, the first step is to nominate and appoint a mentor. This is a necessary process, as whether you are training and developing yourself, or guiding other individuals. A team leader must be defined.

As human beings, part of our internal structure is to search for guidance, and who better to take on that role other than you!

So now there are no prizes for guessing who is going to be the mentor of your own motivation - Yes, it's YOU! But please remember the definition of a mentor is one that leads not by brut force, but by inspirational encouragement. In other words, instead of the traditional telling your self what to do, you stand back observing without self criticism and blame, allowing yourself to encourage yourself.

This may be a brand new concept, yet it works with astonishing positive results.

Lengthy studies have shown that individuals are not and have never been motivated to follow by way of forced instruction. They may have to follow because they have been told to, but in reality, people are not inspired with instructional telling's.

For example;

When away from his hotel management role, Ralph likes nothing more than to relax with in his favorite pastime. i.e. gardening.

Now imagine Ralph arrives at work and his boss tells him that as we have a VIP coming, tomorrow you must do a job that your not in the habit of doing, and he **must** trim the lawn grass. Furthermore, Ralph's boss re-enforces this by stating that if he doesn't do it, then the consequences will be dire.

Can you imagine how Ralph will react? As much as he enjoys gardening, there are two human dynamics that will naturally trigger.

1 - Resistance

2 - Defense

First Ralph's system will auto-pilot into resisting cutting the lawn simply because his own internal system will attempt to preserve itself, and secondly he will autopilot into defense by coming up with a plausible excuse as to why he might not be able or available to do it.

However, if Ralph's boss rephrased the same task with encouragement rather than instruction, then it's likely Ralph will engage.

For example;

Ralph's boss might suggest something like; *"You know Ralph, there is a VIP coming tomorrow and presently our lawns don't match the high standards of our guest. How could we present our hotel whereby it would not only be acceptable, but our guest would go on to remember us by it?"*

While the above is a fictional exaggeration, the second example encourages Ralph to come forward and express his personal passion. The suggestion serves to seek for a positive solution and encourages creative talent to come forward, for Ralph knows the task at hand is a worthy one. He is encouraged to come up with a solution to a problem, one where he may be remembered and recognized for it.

In short - example one is the will of another, while example two is the will of Ralf, that is, by nature (like most all human beings), Ralph wants to do a great job.

If your own past internal chatter has been instructional rather than inspirational, then please consider this a personal challenge for change.

With that in mind, please familiarize yourself with these subtle levels of life, not psychology, not metaphysics, just the natural everyday subtle levels of reality. As this is the place where you can unlock, influence, and change yourself for the better. You have heard the phrase; 'a picture is worth a thousand words'. Well, it could also refer to the subtle levels of life where data from a single image is being processed at such a rapid rate, that in one fleeting glance, the image conveys a thousand words. It is also the place where most of life's decisions are made.

Now imagine yourself processing, analyzing, and making decisions based on your overall persona, because as you are constantly picking up the energy vibrations that you yourself are radiating, this is exactly the case.

It is well understood that humans make decisions based on their perceptions, and as approximately 80% of perceptions are away from immediate awareness, surface reality has very little influence. This is why when motivational speakers leave the auditorium and people return to their normal duties, the majority of their motivational influence

remains in the theatre.

FACTOID

Any and every human being operates 80% sub-unconscious of their daily life, with approximately 20% used for moment-to-moment thinking, feeling, perceiving, etc.

So with that in mind, when you come up against yourself on a difficult to motivate day, give some thought that you are operating 80% sub-unconscious of your entire reality.

Now here's another brief but necessary step into the deepness - Studies have shown human beings cannot ignore, or become unresponsive to inspiration. Additional studies have shown that irrespective of and individual awareness, when a person is projecting negativity towards another, at their subtle levels of life and reality, i.e. meaning their 80% sub-unconscious "awareness", they have no choice but to respond positively to positive input, and negatively to negative input. Though the exhaustive science has been omitted for simplicity, it is fair to say that like really does attract like.

Step 1 - Observing

Step one is to observe yourself.

Like a detective during an investigation, there is much to be gathered by stepping away from looking outwardly and perceiving only external events, to observing inwardly from an intuitive perspective. This is only a metaphor. Though, to favor the odds, reduce resistance, and equip with the best possible chances of a "first hit transformation". Observation of the self is paramount.

Paramount in the sense that as 80% of your own reality is being conducted from the subtle levels, and with 5% to 20% from daily thoughts, then observing yourself and how you tick is vital. You will need to attune to what you are thinking, feeling, and ultimately "**doing**". What you do is a result of a feeling, which is a result of a thought, etc. Though you will be required to carry this operation out in a non-judgmental manner. So please plan to set aside some time, perhaps one full week to do nothing other than observe yourself. However, please do not misunderstand the phrase "do nothing other than observe". For what you pick up here will be of great value later on.

Once you have adjusted, and maneuvered into the position of observer, with a little time and patience, it will do two things.

1 - A very powerful force known as an electromagnetic attractor will set forth. While this might sound geek speak, it is now widely understood that humans exchange energy in the form of waves. Briefed down, these waves are electromagnetically structured, and recordable as hertz. Though if you want to think of them as an everyday object, liken them to telephone radio waves. While the human eye cannot see them, they are conveyed, and without doubt perceived through the subtle levels of one's overall reality. Please do not under estimate, or dismiss this suggestion, as it is the main highway to positive transformation, and indeed, lasting change.

2 - Your own subtle levels will begin to attune, and in doing so will bring forward extra sensory perceptions. In other words, you will begin to perceive much more than you normally could. This is more science fact than fiction. You will begin to think and feel differently, though please do not confuse this with surface reality where speech and mind are used to communicate. What is being referred to here is the underlined subtle reality where thoughts, feeling, and emotions are conveyed.

Nonetheless, in the observer's position, be mindful to avoid trying to solve the riddle of your own de-motivation, and refrain from asking yourself why it is you do this, or do that, as doing so will take you further away from nurturing and weeding out the root core. You are not looking to trick, or fool yourself. You are attempting to bypass surface reality, at the same time engage and listen to your subtle reality.

However, at this point you may think it would just be easier to read an inspirational book, or seek out a motivational guru, and your thinking would be right - it would indeed be easier. Nevertheless, motivational mentors are akin to corporate doctors. They are there to patch you up, plaster over their de-motivational wounds, and keep you functioning. Though, they are not there to “**transform**”, because that has never been their role. They do not and could never know you, like you know yourself and for this reason alone, they do not transform.

You already know that to transform is to move from one form to another. Like water can be transformed from ice to steam, back and forth, the energy of motivation is not too dissimilar. Though, in order to do so, whatever the energy it is were looking to transform, must first be observed. This is so, because as you will already know, we cannot change anything that we don't fully understand. And as all de-motivation is a formless energy expressing itself into the physical. Observations of these physical actions, and reactions from de-motivation are crucial to the understanding of this process.

As an example, Tony, who is a mid thirties male executive felt no longer motivated to sell. The physical expressions of which were increased amounts of time spent engaged with office duties. Increased chatting sessions with colleagues, and slower journey times too and from work, all resulting in less face-to-face time with clients. Tony's energy of de-motivation was creating physical expressions in reality, yet like the leaf was not the tree, Tony's expressions in the physical were not necessarily de-motivating. They are what the energy of de-motivation creates in order to avoid and like the leaf on the tree, if we follow the leaf back to the branch and the branch back to the trunk, the trunk down to the root, then we reach the core.

If Tony's increased office time, increased time with colleagues, and slower journey times are the leaves of the tree. Then what would be his branches, trunk and ultimately the core? Well, in observing, the leaves were his physical expressions, the branches were his “*associated experiences*”. Tony's trunk is his awareness, and the core is a “real life core experience” that is the original memory. This hidden memory is called an “**associated core experience**”, which has been judged as either good, or not good. In other words, positive motivation, or de-motivation, and this is why we begin with observing.

Step 2 - Maxing Observing The Results

During observation mode, please make a pact with yourself that for a short time only. You will relinquish all judgments and opinions, and allow to be, what just is.

Whether you agree, disagree; think something right, or wrong. Unless it is highly detrimental, or downright dangerous, just allow everything to be as it is. Avoid either influence, or change, and you do this to let de-motivation flourish.

For a brief time period allow, cultivate, and even grow de-motivation. You do this not only to acquaint, but to become intimate with your own forces of de-motivation. However, you may already state full awareness of how de-motivating, or how de-motivated you currently are. Yet, please consider that unless you know the root core, and possess the ability to dissolve, then de-motivation is still in hiding. Nevertheless, in allowing yourself these observations. Please be assured, a very powerful signal is being transmitted to the subtle levels of reality.

When allowing yourself to be as you are, please take into account that this is a statement of evolutionary and scientific fact. **When genuinely observing, “without personal intent” there is no projecting influence, therefore, there is zero resistance.** Though for simplicity and speed, the science has been omitted. Nevertheless, this is an extremely powerful dynamic development tool. As zero resistance, equals zero distance, and where there is zero distance, the energy in question, “naturally” draws towards.

So when the term ‘observe’ is mentioned, it means observe with ultimate detachment. This may take some practice, though, please do your best to disengage from any emotions, feelings or opinionated thoughts. Even unspoken they are charged with electromagnetics, so try to approach the observation period in stealth mode. In other words, observe as though you were not really there.

When allowing, de-motivation will actually amplify. Though, paradoxically, the task of transforming this destructive energy becomes easier. For as outlined earlier. When things in life are naturally allowed, then like a wild garden, it just gets wilder. The good news being that like an overgrown garden, it is much easier to spot the weeds. So for a brief time period, let us now feed and grow de-motivation.

For this process, please grab a paper and pen, a computer, or whatever you feel most comfortable with. When you perceive, or hear of yourself being de-motivated. Then begin to make general notes. Do this as it comes. Natural and unstructured is OK, as like a jigsaw. Later things will all nicely piece together.

When observing, look out for six main categories:

- 1 - Physical actions.
- 2 - Physical reactions.
- 3 - Emotional feelings.
- 4 - Emotional reactions.

5 - Mental thoughts.

6 - Subtle level of reality

In slightly more detail, observe the following;

1 - What physical action are you displaying towards a particular de-motivating event, task, or state? This is almost the same as number two, yet the action is different from reaction because staff like Tony (in the above example) took actions to divert from engaging in his de-motivated tasks. Yet, as these are not always instantaneously reactive, detection is slightly more difficult. Nonetheless, as you know yourself better than most. In observing, distinguishing actions from reactions will develop.

Actions are likely to show in the opposite form of de-motivation. That's right; it is most likely actions show up as "positive motivators". That is, something or other that motivates away from the actual task. Often it is easier to look for what a motivator is, rather than what's not. Though, the answer is likely to be in both.

2 - How do you physically react to this perceived de-motivating event, task, or state? For example, are you verbalizing, making physical gestures, influencing or convincing others, etc.

Make a note of your physical reactions, as in a general sense. These are instantaneous, though not always detectable. As stated above (in number one), actions carried out by the subtle levels of reality take time to register and filter into reality. Yet they are there, they are real, therefore please take some extra time to digest.

3 & 4 - Both states of emotions, that is feelings and reactions, are perhaps the easiest to observe. Left to grow, even a non-emotional individual will at some point display emotions connecting directly to the energy of de-motivation. As an example; ask yourself is your mood, or attitude suffering because of, and are you currently influenced due to de-motivating factors? As the average individual "unknowingly" projects emotional energy onto others, please make a note of what you observe these states to be, and what your own influence has upon others.

5 - When observing your mental thoughts, you are not looking to be a mind reader. Though do apply your best to adjust and attune to what your mental state is projecting. In a general sense, what is reacted to, taken action over, verbalized, etc. is a direct reflection, and mirror image of what is being thought. This is the first noticeable expression of de-motivation arriving into one's physical reality, therefore thoughts are important to everyday life. If an individual is experiencing de-motivating thoughts, then it is most likely their personal and business life will be thought of negatively, and it is inevitable this negative energy will be seeking expression into physical life. That is, spoken words, writings, mental, and, or emotional expressions.

6 - Observing the subtle level of reality refers to a culmination of everything. It is totally subjective, and it is your perception of your own self. It is not how others think, feel, or act. What you perceive counts the most. The question to ask yourself is, 'What are you conveying to you?' What is it that your own reality is saying to you? And irrespective of

your personal opinions and judgments, what is the actual impact upon YOU? Again, please write this out for it is vitally important.

When the above exercise is carried out. Not only will you be surprised at the amount of material gathered; it may surprise you to know that there is more negativity, and more de-motivation than perhaps first thought. Nonetheless, do not worry for the root is beginning to raise. It may not yet be noticeable, though be assured; it is rising. As the focus is now on de-motivation, the process of transformation becomes easier.

Step 3 - Identifying De-Motivation

Through consciously observing, you will be unconsciously identifying.

Does that sound like a mind twister?

Well, it was not meant to be. Yet; it is indeed the case.

Whatever is observed, that is, a physical person and their actions, or non-physical emotional reactions, etc. Simultaneously, the observer (that is YOU) subtle levels of reality are “unconsciously” engaged in full time analysis. Yet, as this is carried out by the sub-unconscious, all sorts of comparisons, opinions, character assessments, and judgments are going on.

This is automatic and perfectly natural. As the observer, please allow yourself “time” to work through this newfound process. Though, when your “**consciousness**”. That is, your surface awareness, daily reality, etc. How you relate to it doesn't matter, though when you ask your own consciousness to step aside. Something very profound happens.

For this part, make an effort to engage with yourself. Ask your surface mind to step aside, allowing your subtle self to attune to it's natural state. This may feel strange, and for the first-time things may appear surreal. Yet, assurance is given that in “**consciously**” asking, your own mind to step aside sends an instruction by intent to pick up and perceive from your observations.

How does this work? Well, think of it like this:

Can you remember a time when you lost something? After looking, even turning out places where you would never put it, the item remained elusive, and eventually you give up. Sometime later, when you are not consciously looking, suddenly it reappears, right? Yes, that has happened to us all. Yet, until recently, the dynamics of this action have not been too well understood. However, as science bridges with esoterics; answers are coming forward. That is, were you aware that for a minority of people, when the above happens, they immediately **STOP**. That's right, they “**consciously disengage**”, stop looking and end the search. As bizarre as this may sound, they retreat, turning the subject and search over to their subtle levels of reality, then carry on with life as normal. Soon enough, and as sure as sunrise, the lost item shows up.

Though, not only does the item show up quicker than intentionally looking, the above individual endured no mental, emotional, or physical stress. Not only that, they're in-

between time, that is their down time looking for the object, was productively used elsewhere.

How can this be? This is all coincidence, right?

Please decide for yourself, but first we must diversify a little.

It is said that when the mind is engaged in a search, there are only ever two drivers - Love or Fear, pain and pleasure, so to speak. We may not be consciously aware or recognize this, yet at the core, fear and love are working away. When the search begins, often *one* feels “**fear**”, immediately experiencing de-motivation from the perceived outcome, that is, of not finding. Fear then creates a type of distance, albeit mental energy, fear creates distances from the actual fear. Sped up into reality, resistance creates a physical distance, and the stronger polarity wins.

Like the energy of motivation, human consciousness also takes on various forms. That is, conscious, subconscious and unconscious. Though in its totality, these three levels matter not as consciousness is like motivation. Whether it is classed as de-motivation or self-motivation, it is still the energy of motivation. Therefore, if a sub-unconscious fear was the stronger energy, no matter how hard one searched, the item in question would not be found. As consciousness like motivation does not discriminate, the outcome is deterred by the stronger polarity. In other words, if one’s overall consciousness is perceiving and gravitating to the fear in not finding, rather than the preference to leave it alone. Then whether this created from the unconscious, subconscious, or conscious is totally irrelevant. What matters is that the dynamics of one’s “**overall self**” has perceived the item as a fear of not finding, therefore “not finding” will come true. Yet, to eliminate the sub-unconscious resistance, or sub-sub-unconscious fear, all we need do is re-educate the mind to “*disengage*”.

In consciously disengaging, the sub-unconscious fear can go no further. While it sounds technical, it really is a very simple human dynamic. Fear can no longer fuel and express itself through one’s mental, emotional, and physical reality. Therefore with no fuel, and remember the fuel is the sub-unconscious embedded energy of fear, yet with no additional sub-unconscious fuel to make a reality of “not finding the item”. The possibility of resistance is eliminated.

Though we will discuss resistance further into the module, consider that when resistance is eliminated, fear reseeds. It has not dissolved; it has merely gone underground. Nevertheless, without the sub-unconscious resistance, consciousness will carry out its original instruction, and the item can be identified and found. Though may it be re-iterated that like all energy, as consciousness does not discriminate, whether conscious, subconscious, or unconscious, it matters not. The item is found using “*consciousness*”.

While there is an appreciation that some of these phrases are new and at times very taxing, please see it through because once this new terminology is grasped, then positive changes occur.

In engaging and requesting one’s surface mind to step aside, the instruction is to “overall consciousness”. That is, you are intently instructing your own consciousness to go off

and perform a job. However, as consciousness does not discriminate, the outcome is deterred solely by the strongest energy in resonance to your overall perception. That is, which polarity is one's overall consciousness attuned to and resonating with - the desire of, or the fear of not finding?

Think of it this way.

Imagine something that goes on away from your immediate awareness or "out of your conscious mind" so to speak. Irrespective of you being conscious or not, the event still goes on. Strictly speaking, the outcome of this event does not rely on your conscious mind, yet it does require your overall consciousness. As once you become "**aware**", or "**conscious**", then your perception begins to interact. Your overall consciousness matters because without it, there could not be an event. If the subjective self that is overall consciousness does not perceive the event, in affect, the event never happened.

Therefore, if you connect to and instruct your conscious mind/self to go off, and identify your own' de-motivation, a remarkable chain of electromagnetic processes swing into action. The subtle self will automatically begin a sub-unconscious search to hone in, and attune to your de-motivation. Though now your intention is on the positive, there will be no impact to de-motivate your own reality. Though assurance is given that once intention is consciously set, then the process gets underway.

Step 4 - Becoming Friends With De-Motivation

Another key element to remove the sting from de-motivation is to "**be-friend**" it. As illogical as this may sound, de-motivation thrives on dislike, being hostile, and generating negativity. Nevertheless, a very simple and effective tool is to "turn around with a friendly face and be-friend it".

De-motivation does not like being friends, as when this happens, paradoxically it lessens, gives up the game and eventually jumps sides. So, during the process of acknowledging, and allowing, please make an effort to progress any observations into a "friendship". As challenging as it may be, do try your best at viewing de-motivation as "O.K.". Then take OK one step further and make friends with de-motivation.

Though you may now be asking, how do I make friends with a formless energy of de-motivation? Well, It really isn't that difficult. Like a real life friendship, we just take an interest, develop a little intimacy, get to know, and seek to understand.

After some time, this is extended to encouraging de-motivation. As when performed in one's own mind, if you welcome de-motivation with a suggestion, then with surety, it will lessen; By chanting self talk invokes "*interactivity at the sub atomic level of electromagnetics*". Though we will not expand too much, please allow it to be noted that what is really going on is "awareness communicating with overall consciousness".

Give this a try; though bear in mind it will take a few attempts to feel comfort in chatting to yourself. Nevertheless, it has worked for others and there is no reason why it will not work for you.

Step 5 - The Difference Between Observing & Identifying

Observing is observing. Whereas identifying is where you begin to see, feel, and perceive emerging patterns.

Identifying is not unearthing, and it is not taking action.

This process is identifying only. During which, please try to remain as open-minded, and as detached as possible.

By now, you should have a rough list of the six categories outlined in step one;

Physical actions.

Physical reactions.

Emotional feeling.

Emotional reactions.

Mental thoughts.

Subtle level of reality.

When looking for the identification link, on a separate form head it up 'identifiers'; begin to list out the following.

1 - How do your actions relate to the de-motivating task, event, etc. For example; Tony was actively engaged in deflectors such as spending more time in the office, increased colleague chats, and longer journeys too, and from the office. Though these actions could have easily been mistaken for positive motivation, looked at reflectively, it is de-motivation in a guise.

Identification is by observing Tony's actions. During his periods of self-motivation, it was observed Tony consumed a lot less office time. He was more engaged with his clients, and his journey times too and from work were shorter. Though it will be demonstrated later, Tony's motivation had switched polarities. The de-motivating energy had an overlaid 'positive motivator'. This was acting as a positive encourager to spend more time in the office, and less time with clients, etc.

Though unconscious of these actions, it is highly unlikely that Tony was aware of his increased office time, extra colleague chats, and longer journey times were due to factors of de-motivation.

Please remember the identifier is not the root, and there is no single, or current event that motivated him towards de-motivation. We have not yet come to that. As all we are looking for here is the *identifier*. Nevertheless, we are now one step closer.

2 - How do your physical reactions relate to de-motivation. For example, are you verbalizing, making physical gestures, negatively influencing, or convincing others, etc? Is there a link between your physical reactions, actions, and your overall de-motivation?

Or do you see this as your normal everyday character?

Please make notes.

3 + 4 When observing, it was stated that both states of emotions, that is feelings and reactions, were perhaps the easiest to detect. The same can be said in identifying.

Does your emotional state vary dependent upon your level of motivation?

What emotional changes did you observe that could directly link to your state of being, i.e. de-motivation?

Are your sub-unconscious emotions rising and projecting onto others? If so, what are these emotional feelings and reactions? Is there a link?

5 - While observing your mental state, were there states that could link, acting as identifiers? For example, Tony's actions led to more office time, yet it is highly likely he would also be displaying a relative mental state, whether that be emotional, verbal, written, or physical actions. In short, when moving from one state of motivation to another, it is almost impossible to conceal every indicator. As it all stems from the mind, and what thoughts he is thinking, ask yourself what changes were detected?

Again, please make notes.

6 - Now that you have observed your subtle realities, what is your subtle self saying to you? This part is subjective and for you only. Ask yourself, "What are the links, and identifiers of your your de-motivation?"

This part will not fail, and it will not fail because you are asking subtle reality, which is beyond daily surface life. This is beyond everyday mind, opinions, attitudes, character, personalities and judgments. For this part, please listen intently to your own inner voice, for this is where you will glean a great deal of valuable information.

Section 5 - Unearthing, Unlocking & Dissolving The Root Core of De-Motivation

We have now reached a critical, yet exciting section in the whole process of transforming de-motivation. During the following pages, you will not only guide yourself to your own core and drivers of motivation, you will also bear witness to experience the actual process of transformational change.

That is, with a little effort, you will discover how effortlessly de-motivation dissolves. Like many that have reached this section in the module, you too may be surprised at how small the core of de-motivation really is. So, let us now continue.

Step 1 - Beginning The Transformational Process

As the energy of de-motivation is not a physical thing, transforming is not so difficult. Nonetheless, the physical effects of de-motivation will have created habits that when

disturbed, naturally bite back. As with all human energy, resistance is a defense mechanism that must be prepared for. There is a saying, that failing to prepare, is preparing to fail, and this is none more evident than when the core of de-motivation is unearthed. While it was stated that the root core will naturally and effortlessly dissolve, and that is true. What we are talking about here are the gates to the root that once approached, the likelihood is they will rumble like thunder. Though like all human resistance, once raised to the conscious mind, like butter melting in the sunshine, resistance too will dissolve.

Though before we get going, consider that when de-motivation displays itself, it is not always negative. Consider that this may be an indicator of outgrowing duties, tasks, goals, and it may be “positive adversity” in action. While it might sound esoteric, “**human consciousness**” is constantly in a state of **flux**. The consequences are that formless energy requires variants of stimulation. To add weight, studies have shown that no matter what level, people are de-motivated by repetitive tasks.

Also in the transformational process, let us go back to the primal drivers of male and female motivation. For it was said earlier, that modern man may have changed, yet their primal drivers of motivation have not. We must always keep in mind that man has been motivated by his purpose in life, while women have been motivated by the emotions in their life. Therefore, when a happy, or content individual says, “*I love my job*”. What they are really saying is, “***All of my subjective motivators are currently being met***”. Conscious or otherwise, fear or desire, their internal motivators are all in order.

This is the journey you are now going to embark upon guiding your own self towards.

Now for a moment, let’s go back to the Caveman story...

Remember Caveman1, who was the carver of beautiful caves, and Caveman2, the incredibly skilled hunter? Remember that after only one week, Caveman1 became lazy, while Caveman2 continued to carry out his agreed obligations? Well, what do you think it was that changed Caveman1’s energy of motivation into de-motivation? What made him become lazy?

There could be a million and one reasons. Yet, because this reality includes a subjective element, we do not really need to analyze this to an end. Nevertheless, like all things in life. There is a trail, and all we need to do is follow that trail.

As an example only. Caveman1 stated that irrespective of him carving or not carving, Caveman2 continued to supply food, which caused him to become de-motivated. Whilst one could easily accept this as a plausible answer, it is not the root. Downing his tools was an effect from a cause, a little like Tony’s increased office time. Caveman1’s de-motivation was much deeper and further back, and unless Caveman1 was in the here and now, then we cannot get further than already outlined. However, preventing Caveman1 from carrying out his agreed duties will be a negatively charged, “**associated experience**”.

For instance; Caveman1 had already “consciously” agreed to carve a new cave in exchange for food from Caveman2, yet one week into the agreement, his motivation

waned. This is so because until his overall consciousness experiences what is embedded within his subtle levels of reality, he does not take physical action. In other words, he only downed tools, became lazy and de-motivated when his sub-unconscious self was reminded of a past experience. This is only triggered when he gets to work carving his neighbors' new home, though please make a note that the physical trigger is a bi-product and not the actual core de-motivator. Though in his fully conscious mind, there was a turning point, and a change where he made an alternative decision, that is, he said to himself, "*I don't want to build this new home anymore*". Remember this decision is not made from the conscious; it is made from the sub-unconscious, yet the expression is into his real life physical reality.

The truth is that carving the home is not the actual issue; it is a link, and a reminder of another experience, but it is not the actual issue. In short, it is the subconscious communicating with the conscious mind. If it were the issue, then he would be fully conscious, and would not have agreed to build the cave in the first place. The fact that he was not conscious is an indicator that it resides in the sub-unconscious subtle levels of reality. Because it resides there, it cannot be a conscious action; therefore, Caveman1 will have no awareness of this issue until it comes up against an associated trigger, or experience. That is, in building a new cave.

Though a simulation only, it is likely that Caveman1 met with a previous negative experience in "doing" something for others. This has since dropped into his subconscious, reminding itself through new experiences, such as building a new cave, etc. So when anything that remotely reminds him of "doing" something for others, this pushes on the original negative experience and then creates a motivational energy to move him away from the reminder.

What is being stated is the following; that which looks like a de-motivator is actually motivation propelling him to not do. In other words, at his subtle levels of reality, his motivational energies are in complete order, and functioning well. They are motivating him away from.

So now it is time to outline another of life's paradoxical truths.

FACTOID

De-motivation is still the energy of motivation; it just depends how it is viewed, filtered, and ultimately perceived

The same can be said for yourself. It is most unlikely that present events are the factors of your de-motivation. Past negatively associated experiences are triggering and actioning as de-motivation. Yet in truth, it is the energy of motivation functioning correctly. Like all human energy, it does not discriminate. How it is viewed, filtered, and ultimately perceived, deters its use. Though since it is viewed as a de-motivator, and that view point may be correct. It is still the energy of motivation, which is operating to motivate away from what is not desired.

While this might appear a mind bender, it is not meant to be. What is thought to be a de-motivator is still a motivational energy moving towards or away from something.

The point being that what you are now looking for is beyond the trigger, so let's just recap.

The event is not the actual de-motivator. For example, while Caveman1 became lazy, no longer desiring to carve a new home for his neighbor, and while Tony spent more time in the office, avoiding client contact. These were triggers, not core de-motivators.

Though in observing, Caveman1 and Tony will both exhibit physical, emotional, and mental actions and reactions that will lead to identifying. For example, Caveman1 became lazy, yet as there are only ever de-motivators, that is motivation in its opposite polarity, lazy people do not really exist.

When someone is acting, being, or referred to as lazy. What is it that they are really trying to convey? Are they saying "***They feel de-motivated, though the de-motivator has not yet been identified and processed***"? Laziness, like de-motivation is also the effect from a cause and is a bi-product of a core issue.

In the case of Tony, the triggers are "identifiers" such as increased office time, long journeys to work, etc. Through observing his actions and reactions we can get back as far as these labels. Though, once back as far as the identifiers, unearthing the root can continue. Though please be under no illusion, that unless enough research has been conducted. Unearthing is not possible. However, assuming there is a good understanding of the situation, and of the triggers, actions, reactions, and identifiers. Unearthing the root can progress.

Step 2 - Unearthing The Roots of De-Motivation

It was said earlier that de-motivation was like a tree, and at the core is a root. The same can be said for de-motivation. Like the tree, to locate the core of de-motivation, we only need to follow the leaves back to the branches, the branches to the trunk, and the trunk to the root.

Earlier, the analogy was drawn, that life's expressions of de-motivation are the leaves, associated experiences are the branches, and this is where we have now arrived.

To unearth de-motivation, the original associated experience requires exposure to the conscious mind. Nevertheless, this does not require psychology, or hypnotherapy. Once the triggers and identifiers have been established, the conscious mind is engaged to go off and search for the original experience that was responsible for creating the energy of de-motivation.

In full wakefulness, the conscious mind of the individual is asked to go off and search for the original experience. It will now be demonstrated how easily this is achieved.

So let's go back to the Tony who was once a highly motivated executive, now experiencing de-motivation, consequently spending less time with clients. Though not highly noticeable, the very thought of going to work triggers Tony into states of de-motivation. Consequently, and through observation, we have identified his journeys to work are slower; he spends more time in the office, and finds every excuse to increase

office talk with his colleagues. As this was not Tony's normal behavior, these are classic signals that something is amiss.

There are now two ways in which Tony's situation can be approached.

1 - Consciously.

2 - Subconsciously (As this method requires qualified physical interaction, it is not possible to cover in a module). Nevertheless, the number 1 route, i.e. "consciously" is the fastest, most direct and will without doubt yield the most positive results.

To consciously engage Tony in transforming his de-motivation into self-motivation, the ideal situation would be to call a face-to-face, reassurance meeting. If Tony is to be won over, magnetized and guided, reassurance is vital. For Tony's overall self, that is his conscious, sub and unconscious mind must be made feel safe and secure.

So Tony would be "consciously" assured that whilst being the subject of observation, it is for his goodness, his development within the company, and of course, for the overall good of the company itself. Though, there is a reality, as at this stage in the process, the company comes last. The company is furthest back because no matter what, when a person comes under scrutiny, all focus draws to the self. That is, when Tony is called in for a chat, the last thing on his mind is the company. This is nothing personal, and it is just the dynamics of self-preservation playing out.

Though, Tony would be assured that whilst being the subject of observation, this meeting is a meeting to look into, and restore his well-being. He is assured that his well-being is paramount, and that his restoration is the focus of the future. Again, as contrary as it sounds it is reiterated that, the well-being of Tony is favored over the company. This is not a trick, and it is not looking to dupe Tony; it is the genuine case.

Engaging directly with Tony's well-being, engages in his subtle self. As it was stated earlier, this is a place where decisive decisions are made. If Tony does not feel internally assured, then things would not go any further. Though, assuming Tony is fully assured, feels secure, and at ease with the meeting. Observations in the form of a "positive projection" would then be put to him.

For example, it would be put that his increased presence in the office creates a positive impact on his colleagues, though was he himself aware that his office time has almost doubled?

Gently, yet progressively leading Tony to his shortfalls is key to communicating, magnetizing, and unearthing his core root. This is so because with the delivering of assurance comes the installation of security. This in turn eliminates any conscious, or sub-unconscious fear, which in turn nullifies resistance. Where there is no resistance, there is no distance, and where there is no distance, the hidden energy of de-motivation has no option but to rise.

Think of resistance this way: A muscled man may look good, though in reality he is simply a mass of resistance.

For example, take a human muscle. It is a physical thing with point A and point B. Call Point A the top of the bicep and point B the bottom. When a man trains with physical weights, he adds more physical resistance to the muscle. The heavier the weight, the more the resistance. Over time the muscle stretches. Hence, with the stretch. Point A, to point B, physically become more distant. The more distance between point A and point B, the bigger the muscle looks, and hey presto. The end result is a muscled man.

Now, reverse this. Take a muscled man, and then stop training the muscle. Eventually, the distance between point A and point B will naturally shorten. With the lack of training comes the lack of resistance, and with the lack of resistance the muscle becomes smaller. As the two points become smaller, they become closer and there is no longer a muscled man.

This is basic science in the world of physics, yet do you remember from earlier that all energy, formless or otherwise is $E=MC^2$? Well, when these same principles are applied to the energy of motivation, identical results appear.

Remember fear pushes, while desire pulls, and fear repels while desire attracts. As there is no resistance, his subtle self has no option but to positively respond. Nevertheless, do not think Tony's system can be duped, or fooled; it cannot. As any sign, or perception of an ulterior motive will be picked up by the subtle self, and his system will automatically go into lock down. As we have already highlighted how your subtle self-interacts with others, operating from anything other than genuine intent will halt the process.

Tony is being gently and positively guided towards his triggers and identifiers. His response is influenced by the coach's approach, deliverance, and interactions. Though assuming he feels secure, safe, relaxed, and inspired, Tony's overall consciousness has no option but to positively respond to *"positive incoming signals"*.

In a relaxed and fully conscious state, the mentor would directly ask Tony to consciously engage with his self. Not just his mind, but his overall self. He is going to directly ask his consciousness to go off and search for the root of his de-motivation. The mentor would outline that there is no timeline, meaning no rush. The following question would be posed to the conscious mind –

"Irrespective of my surface de-motivation, current beliefs, or outcome. I desire to know the core of my de-motivation, MORE than I desire not to know. I am fully prepared and accept full responsibility in dealing with and processing with what arises, and I genuinely SEEK to know, understand and dissolve my own core de-motivation. I now in this moment, give my conscious self a clear directive to go off, search and find the root core of my core de-motivation. I ask that irrespective of my current perception, beliefs, conscious, sub or unconscious, any stored emotions, and my conscious and unconscious intentions that you set aside my own individual thoughts and opinions to locate and raise these associated experience, or experiences to my conscious mind for processing. I ask that you do this NOW!"

While this may appear to be over simplistic, the reality is deeply scientific. It was outlined earlier that at the root were simple dynamics, and that once aware,

transformation becomes as effortless as reading this module. Well, here it is. Nonetheless, please do not underestimate this, because at the subtle levels of reality. In particular, at the dynamics of quantum electromagnetics, all hell is breaking loose. This is not meant in a religious context, but in applying the above, sets off the most powerful chain reaction which will without doubt and in due course, filter through to reality.

(This chain reaction is not visible to the naked eye, yet is now recordable with appropriate apparatus)

This brings us neatly onto the following...

Have you ever wondered what it is that creates physical reality?

Years ago, science thought it was biology. With advances, this progressed to quantum mechanics. Today science has gone beyond, though in layman's terms, what does this mean?

It means humans are evolving, and the time has come to seek for, understand and work with one's own human dynamics. In short, this means accepting and taking responsibility for the overall existence and development of oneself, and that includes "motivation".

This is not a diversion and it is not a ticking off; the above information is an exciting new catalyst for positive, permanent change.

Though getting back to Tony, this may or may not be the case. When the above highlighted paragraph is put to Tony's conscious self, impact naturally gets underway. However, Tony should pose this paragraph to his conscious self, morning, noon and night, on a daily basis. The more he addresses himself with the questioning, the less chance of the root eluding.

At this point, no other questioning should be posed, just the above.

Yes, this is a type of brain washing so to speak, yet much more than that. In continually posing the paragraph, it draws all his consciousness to a singular point. That is, his subconscious, unconscious, and conscious self culminate, unifying together. As where there is no conflict with the varying levels of consciousness, there is no resistance. As already outlined, zero resistance, equals zero distance.

With no pressure for immediate answers, Tony would be allowed to press on with his working day. It would be suggested, that he only return to the mentor, if, and when he feels there something relevant to share. Otherwise, and to minimize resistance, he is left alone to continue his job.

Tony will soon begin to have conscious thoughts, and, or feelings that connect the dots, so to speak. All that would be required is for Tony to make notes, and share these experiences.

As an example only, the original experience may be something like this:

Associated images of the original experience will begin to show up. Perhaps not in the form of the core, yet they will begin to rise. In a general sense, the original experience is the furthest back, with all overlays on top. Imagine it to be something like taking a photograph of a particular event, then placing that photo in a box. When similar events, not exact, but similar events happen. A new photo is snapped, and then placed on the top of the original. After many years, and many events later there would be tens, if not hundreds of associated photos. However, the first, that is, the original would remain intact at the bottom of the pile. If the box were to be opened, the first photo to pop out would be the one closest to the surface. Furthermore, it is highly likely that during the passage of time, and with the overlays of new associated photos, that the top would bear no resemblance to the bottom.

Discoveries are showing this is exactly the same for human experiences, and how we operate in real life. To form an original memory, Tony requires an original experience. Though as he is an adult, it is unlikely his system will consider anything original. That is, like most humans, there are only so many potentials in reality. Therefore, his system is forced to pull from and link to past experiences.

For example, let's say Tony had been motivated to visit his clients for the past five years with no de-motivation at all. Not suddenly, but over time, Tony's de-motivation becomes noticeable. He displays an aversion to visit clients, increasing time spent in the office, and so forth.

What could his de-motivation be?

Has a client said something wrong, does he no longer like his job? Has he lost interest in the company? Whose fault is it? All these possibilities may cross the mind of his boss, yet as an example only, here is a possible cause.

The “**trigger**” is now his job, which is triggering an “associated experience”. The identifiers are his actions, and reactions. Yet, none of these are the original experience that created his de-motivation.

Set well back in Tony's past, and prior to starting his career. Like the photographs, there is likely to be a core experience, linking through to present day. His 80-100 billion brain cells ensure all his memories are maintained, with the original experience embedded deep away from the conscious self.

Though, all that is needed is to take out each photo, as in reality, these are Tony's past memories. This process is repeated until arrival at the first event. Though how do you know when the first event has been reached? Well, this is not so difficult to spot, because it is most likely that the original event will be a painful one. As this is now serving as a de-motivator, the original memory would have formed from an experience perceived as unpleasant.

For example, when the conscious questioning from the above was posed to Tony. He recalled linked events, such as how his clients had offended him with suggestions that he was too confident, and that he was a pushy salesman. He became aware that several of his clients had thought this way for a long while, which was negatively affecting his

targets.

He then began to open up, speaking where he thought his excessive confidence had stemmed from. Rising to his **conscious** self were past events of schoolteachers encouraging him to be more confident. Further back still were infant events of the polar opposite. That is, he then recalled how primary teachers spoke of him actually, 'lacking confidence'. Then further back, at the core were major events. Tony recalled experiences where he was constantly told that he was the least best, that he was not quick enough, and that when he grew up, he would be nothing. Yes, it's a series of past events that go onto create his present day de-motivation. Though Tony had more than one event, there would be one that majors in the formation of a memory.

To become a memory that then goes onto fuel future decision-making, the original event must make associations.

For example, Tony had sight, therefore he seen his father's reactions. He had sound, hearing the tone of his father's words, and had '**feelings**' that perceived the events as either '**GOOD**' or '**NOT GOOD**'. This is the most important aspect of all, because as perception goes. Sight, sound, taste, touch and smell, have to date been the only recognized perceptions. Yet this is not all, as you already know, every individual possesses, "intuition" and it is perhaps the most important, yet overlooked aspect of all.

Furthermore, intuition is so simplistic; there are only ever two perceivable directives. 'GOOD' and 'NOT GOOD', 'YES' and 'NO', 'RIGHT' and 'WRONG'. Meaning, that intuition conveys one of only two options. **This is either good, or not good.**

As in the case of Tony, and when he was young, decisions are forced to form from basic intuition, which are influenced by one or more of the five other senses. When Tony was subject to original experiences, his system has no choice but to make a choice. Is what it sees, hears, tastes, touches, or smells, **good or not good**. It's as simple as that.

Perception from one or more of the senses makes a decisive decision. Is this good, or is this not good for me. Once that decision is made, it then goes onto 'lockdown'. Meaning that a biological neuron is now physically formed, containing that associated core experience. As time goes by, and other events arrive, this then drops into the sub, and eventually the unconscious self.

Though like a photo does not change the contents captured, neither does the brains physical neuron. As new experiences arrive, they overlay on top of the old, just like placing one photo over the other. Though the brain is clever and does not place any old experience in any old compartment. Just like you might organize photos into appropriate categories, the brain does the same.

To cut a long story short, imagine that you placed all photos with associations to a car in a box named 'car'. Do you think that in forty years of taking photos of pictures associated with cars, that the original photo would resemble the most recent? It is most likely with the passage of time, and evolution. The original subject of the car would be forgotten, and then overlaid with something of present day interest. The brain operates in exactly the same way, yet like a box of photos. The original is retained, hidden at the bottom.

This is what's meant, by the root of the tree, the core, and hidden deep away from the conscious self. These are all analogies to understand, and work with the everyday dynamics of being human.

Though now the question arises - *Why is the original photo, i.e. experience in life retained at the bottom of the box?*

Why is this? Why does it just not flutter away like many of life's other less relevant experiences?

This is a great question, with a very simple answer. If there is no strength in the associated experience, then there is no power in its attachment, and it does not go on to heavily influence future events. This means that if Tony did not strongly like, or dislike. Then there is no emotional charge, and the event would simply fade away. Furthermore, when young, Tony was not evolved enough to process and let go of these highly charged events. Therefore, the experience of '**GOOD**' or '**NOT GOOD**' becomes a stored attachment. That is an "**associated experience**". Though as we will shortly discuss, all associated memory attachments, good or bad, positive or negative, hold unprocessed emotions.

This is the very essence of being human.

Which brings us nicely onto the following...

Have you ever noticed it is life's most feared, desired, liked, or disliked experiences that hold the most power?

Though for most, desires can be recalled easier than fears. This is so because the electromagnetic charge of both fear, and desire remain locked into the physical neuron. Though the main difference between a fear, and desire. Is that the conscious mind accepts desires, whereas fears are rejected, and pushed into the subconscious. There, they quickly become overlaid with new experiences, mainly positive ones. This is so because the conscious self cannot, and does not like to live in a permanent state of fear.

Though it might appear we have wandered from the path, we have not. Please stick with it because this is a process. What we are discussing here is a process that not only unearths, but also unlocks and dissolves the root of de-motivation.

Step 3 - Unlocking & Dissolving The Root Core of De-Motivation

So back to Tony...

We are now at his root, yet he will not "*consciously*" know it is his core. How then do we know when the root core, associated experience has been reached?

As in the case of Tony, his "*overall consciousness*" will not stop until it reaches the original associated, stored experience. Generally, the experience will be a perceived negative, holding painful unexpressed emotions.

Remember the following exert from the paragraph above - "**and any stored**

emotions”?

Overall consciousness works from intention, and does not discriminate from the instructor. In other words, and irrespective of the “**intent**” being a sub, or unconscious one. Overall consciousness will find it. When the conscious self has genuinely reached the point of curious awareness, desiring to know, and that desire is stronger than the fear of knowing. Then regardless of any negatively stored emotions, “*conscious intent*” will find it.

This might come as an image, sound, both, etc. It may be a sickly feeling of fear, disappointment, resentment, or anger, etc. There could be a whole host of negative emotions. Nevertheless, whatever the stored experience, once genuinely and intently asked for, it will rise.

This is so because it has no other choice, and it has no other choice because of the “*intent*” behind the “*intent*”. Though please do not confuse intent with “*I want to know, but I fear the outcome*”. Or, “*I really do want to know, but I’m scared of what will come forward*”. This is surface intent, backed up and loaded with hidden FEAR. The intent required is as follows;

“Irrespective of my fear, current beliefs, or outcome. I desire to know the core of my de-motivation, MORE than I desire not to know. I am fully prepared and accept full responsibility in dealing with what arises, and I genuinely SEEK to know, and understand my own TRUTH”.

A paragraph like the above is key to unlocking the gates. It does not need to be exact, so you can add, subtract, and tailor to suit. The most important aspect is to load it with intent behind the intent. As if the above is read in parrot fashion, then results will mirror this. Though, to achieve intent behind the intent, imagine the following scenario:

Imagine intending to eat lunch, but for whatever reason you skip it. Maybe an important meeting, project, deadline, target, or goal took president, and there was no option but to skip lunch.

Now think again. Yes, you intended to eat lunch, but overlaying this surface intent were more important work related issues. Therefore, and on this occasion, intent, took second place with “intent behind intent” harder at work maintaining your job. Most likely, fear gained the presidential prime spot, and work just had to come first. Not to say this is wrong. In fact, it may have been totally justifiable. However, this is an analogy only to highlight the powers and weaknesses of intent.

Intent behind the intent would go something like this:

Now imagine being in a desert. Two days pass without food, water, and any form of civilization. Now, your life seriously depends on surviving, though survival relies not only on innate instincts, but the intent behind the intent. In other words, when life depends on it, to the exclusion of all else, the intent behind the intent is to survive. The only thoughts that permeate the mind are thoughts of survival. Though driving these innate thoughts are the energy of intent. To the exclusion of all else, the intent behind the intent

is to survive.

This is what's meant by intent behind the intent, and this is the intent required to clear de-motivation.

Going back to the highlighted paragraph above. Assuming you have performed it with "*intent behind the intent*". Now, here's a trick. There is truly nothing to be frightened, fearful, or scared of. Please allow the following: The worst that will come forward is huge amounts of FEAR, and while fear can appear extremely fearful, allowing it to JUST BE is a key to dissolving it.

As the role of fear is "*to be fearful*", 99.9% of the time, it has succeeded. Nevertheless, there is an alternative. Though due to word constraints, dissolving and transforming fear cannot be covered within this module. However, fear is a subject that Beyond Timelines are extremely intimately connected, and have gleaned a great deal of experience in dissolving. If you feel there are core issues of fear, then please refer to the separate module of fear, "***I can't do it, yes you can***" which tackles and transmutes human core fears and is also 100% free. Nevertheless, sufficient information has been included within this module, to allow the release and dissolution of fear.

Imagine a tiny dog, snapping, and barking at your feet. This tiny dog barks away thinking it can take you down. Imagine how strong this tiny dog perceives itself to be. It must feel fearless right? Now imagine you do a role reversal. You swap bodies, and now you are that tiny dog looking up towards the big YOU! What does the tiny dog feel? Yes, you guessed it, FEAR!

It's barking and snapping because it fears you.

Isn't it amazing that both, you and the tiny dog feel the same fear?

Though the complete transformation of all core fear is covered in the fear module, "***I can't do it, yes you can***", here's a good fix...

When you next come up against fear, swap places and become the actual fear. Yes, that's right. Imagine knocking on an unknown door, fearing what's on the other side. Then swap places and become the other side, imagining opening the door to yourself. Who are you afraid of? Yes, it's yourself. This is where we begin to see that fear is not outside; it is only and ever on the inside, yet when we swap places, we find that fear is unwilling to play the game.

Why?

Because it genuinely does not exist in the physical. That is, though there is an understanding that it is real in reality, fear really is a construct of the mind.

So did Tony's core experiences of being told that he was the least best, that he was not quick enough, and that when he grew up, he would be nothing. Did they really go on to create his present-day de-motivation? ***The answer is 100% YES!***

When Tony experienced the original events, his perception told him that, they were 'NOT

GOOD'. In other words, basic intuitive decision-making relayed that he did not feel good from the early life experiences of his father. Therefore, what one does not feel good about, feels bad about. When he feels bad, he doesn't feel good enough, and when he doesn't feel good enough, it is the creation of FEAR.

That is, Tony fears that he is not good enough. This is naturally so because his perception created a belief and that too is the natural job of perception.

Once created, a physical neuron is in place until conscious intent otherwise instructs.

Though as in the case of Tony, is the case for most de-motivated individuals. Over time, their negative core experiences become compounded, overlaying with positive experiences. This is why Tony had evolved from core insecurity, to present day expressions that appeared to be positive confidence. However, it was guised insecurity, fueled by motivation, which then went on to transmute the energy of motivation into de-motivation.

Though there is more science to it, for simplicity think of it as the original photo at the bottom of the box. Forty years on, and it has thousands upon thousands of new ones placed over the top. The bottom picture remains intact, yet because of time and compression from the overlays, it has stuck, melded, and almost become one with the rest. If the picture was peeled from the bottom and compared to the top, there would be no comparison.

The same could be said for physical life experiences, and neurons that relay this information. When the original 'not good' experience happened, all the information associated to this event is remembered by the physical cell. It then goes onto pulse this information in the form of an electromagnetic vibration, which then signals and influences other neurons. Though not just any old neuron. As the brains' network is highly advanced, it draws from similar corresponding experiences. These then relay messages to other neurons that use the information from original experience/neuron. This is why when Tony is young, and comes up against similar situations, his reactions would be almost identical. Though over time, and because the brain has around 80-100 billion neurons, the original experience becomes diluted with overlays. Just like the photo at the bottom of the pile that is almost unrecognizable. Nevertheless, it is still there fully intact.

The same goes for all of life's experiences.

This brings us nicely onto the energy of human consciousness itself. Consciousness is not static. Like all of life's energy, it is in a constant state of flux. Though this may sound like nerdy talk, it is just everyday dynamics. Though, in layman's terms this briefly translates into "everything is moving".

For example, Look into a mirror, there is a reflection. One could easily be mistaken into thinking that today; they looked exactly the same as yesterday. Yet look closer and you will discover that everything is in a constant state of flux - If it wasn't, one would never grow old? While, the process is too slow for the naked eye, or for everyday awareness to

perceive. The same principle applies to everyday life and reality. This means that no two experiences in life are truly identical, and that when the brain pulls on comparable experiences, it does so in a state of flux. With these principles in mind, is it any wonder that over time, a negatively perceived experience seamlessly transforms into a guised positive?

The reality is that it is no different than a baby growing into an old aged person; they are both the same individual yet also almost unrecognizable.

Though, back to the core issue. As once the original experience is raised to the surface, that is brought to the fully conscious self. Then like the root of a tree exposed to sunlight, it naturally begins to die.

Remember it was stated earlier that, “*consciousness*” is humans’ form of light? Therefore, in reliving the original experience. Stored emotions outwardly express, and once expressed. The dissolution is underway.

Yes, there is going to be discomfort. There may even be physical ailments like headaches, backache, diarrhea, and more. Yet, know it is temporary, and once you have raised the root, so to speak, then the transformational process is underway.

This is it; this is how it works. Irrespective of belief, this process works without fail. It cannot fail because where there is no resistance, there is no fear. No fear equals no resistance, and so the self-perpetuating vicious cycle of maintaining the energy of de-motivation is broken. Once broken, the root naturally rises, and dissolution occurs “naturally” in its own time.

There is no other effort required. It can take a day, a week, or a month. Yet, the dissolution of the core will happen. Though as in the case of Tony, he will not magically wake up propelled into a state of self-motivation. Once the core is raised, and please allow it to be reiterated, what is not of the conscious self, cannot be influenced or changed. Remember, this was how it was formed. Yes, long ago, and as far back as early childhood. Tony’s consciousness was fully conscious. He was not sub-unconscious, and it was not a subconscious act. He was fully conscious when the original experience embedded itself, therefore, and in order to unlock and dissolve it. For one final time, the original experience must be “**consciously relived**’.

This may sound simple, and as outlined in the beginning of this module, it is. Yet, what holds de-motivation in situ, is down to one human dynamic. That is, the original ‘**unprocessed**’ experience, which has long since left, the conscious self, become overlaid, and is now operating from the sub-unconscious self. This is not psychology; remember it is just everyday human dynamics of “**consciousness**”.

Section 6 - Installing Self-Motivation

Now that de-motivation is dissolving, something is required to fill its place, and that something is the energy of self-motivation.

Though please be aware that as the energy of de-motivation is being released, there is no

void, and nothing requires filled. As de-motivation is just motivation awaiting instruction, the energy returns to its natural state of balance. In that state, it is neither positive, nor negative. **It is just the raw “uninfluenced” energy of motivation.**

Self-motivation is the identical energy as de-motivation, only now it will be used in its polar opposite. The only, but main difference being that instead of pulling on negatively charged associated experiences, we are now going to instruct, train, and guide that same force to act on positive associated experiences. Not only that, self-motivation means just that. It is self-propelling.

How can motivation become self-propelling?

Well, as outlined earlier, one can see the destruction that de-motivation brings, but if you like, de-motivation is still motivation, and it is also being self-propelled.

Tony was displaying de-motivation. Yet, alongside and in parallel, he was also being self-motivated. For instance, whilst he'd felt de-motivated to visit clients, on the flip side, and at the same time, he also felt self-motivated to spend increased office time. In the process of being driven to despair, his overall consciousness. That is, his conscious and sub-unconscious self make informed decisions. Please allow it to be reiterated, no human can, or exists in a permanent state of negativity, though on the surface it may look so, at their subtle levels, this is not the case. As consciousness is naturally fluxing, it is impossible for any individual to exist in full time de-motivation. Therefore, to alleviate the sub-unconscious self begins a process of positive overlays.

That is, although Tony may not be aware, he is being self-motivated away from the de-motivating association, by something that motivates. While this may sound like another paradox, once the energy of motivation is intimately grasped, we come to a realization that it is just motivation doing its thing. As In the case of Tony, he found it motivating to spend more time in the office, as well as increased colleague chats, and because human energy does not discriminate, both de-motivation and self-motivation coexist.

So just to reiterate...

This is not just de-motivation. It is the energy of de-motivation running in parallel, as well as transforming part of itself into self-motivation. Though if left unattended, it wouldn't be too long before part of that energy gravitated back to familiarity, with Tony ending up a full time office executive, with no awareness of why.

The trick here is to **consciously** harness the energy of motivation, and charge it with a positive association. That way motivation becomes self-motivation, though that's not all. To keep it and maintain self-motivation, we must consciously become aware that the energy of motivation does not discriminate. Be aware it has no preference, and no polarity; human suggestion makes it so. Nonetheless, if we positively charge, and create a positive associated experience, then strengthen it. Eventually the energy will self-motivate.

It will motivate because like you have already heard many times before, the human body is all but a vehicle and like any vehicle, turn left and it goes left, turn right and it goes

right. Our physical selves and our own human dynamics are not too dissimilar. The main difference between vehicle and human is “conscious awareness”.

Having said the above, if any de-motivation remains, self-motivation is fruitless. Please bear this in mind, though not a disclaimer, the reality is that most de-motivated individuals have more than one de-motivator, and unless the critical mass is addressed, self-motivation is impossible. Therefore, please do not hope to perform this process once only, and then expect miracles.

The reality is, this process requires repeated until significant changes can occur. Additionally, do not let it slip your awareness that for most individuals, they will be blissfully unaware of their de-motivating factors and it will take time and commitment to achieve results.

Though assuming that steps 1 and 2 have been successfully carried out, we will now continue with the final, and the exciting step of installing self-motivation. However, please make a note that this is a process, and each small step must be carried out as diligently, and as detailed as possible.

Step 1 - Consciously Programming Positive Outcomes

Now, we are at the stage where the core of de-motivation has been dealt with. Though, with the absence of de-motivation, please make a note that the original core memory will still remain. The memory can be recalled, however, there is no sting in the tail, so to speak. This is so because there is no negatively charged core attachment, therefore there is no electromagnetic pull into de-motivation. Likewise, and when looking to install self-motivation. At present, there is unlikely to be any positive attachments or positive associated links towards desires, and desired outcomes. Therefore we are faced with physically, but more importantly “*consciously*” installing them.

Remember desire is love, and love is a pulling, uplifting, inspirational creative force of universal energy. Though it is not always recognizable, desire and love motivate individuals every day. Therefore, as your own mentor, please make a note that **only** inspirational encouragement attracts and propels the energy of motivation.

Though in other modules we transform the energy of desire into preferences. Due to the nature and connection of motivation and desire, for simplicities sake, desire will be desired.

When you take on this task, imagine that your mission is to recruit the energy of motivation. As your own mentor, when your own attention focuses on the intent to positively communicate this, tremendous magnetizing forces of electromagnetics swing into action. This is where you yourself will begin to experience the powerful dynamics of “**human consciousness**”. Though we are not referring to awareness through one’s character or personality. What is being referred to here is “**overall consciousness**” which includes, conscious, sub, and unconscious aspects of self. What is now fully understood, is that when direct conscious intent is applied, the energy being focused upon has no other option but to respond. Therefore, when cleared of de-motivation, the energy of motivation patiently awaits instruction.

Instruction can come in two ways: consciously or sub-unconsciously. In most cases the energy of motivation has been unintentionally instructed.

While it was stated earlier that when young, and during his first associated experience, Tony would have made a conscious decision of 'good' or 'not good', and that is true. Though here is a known paradox. When young, Tony would have been consciously unconscious of this decision. In other words, while he made a fully conscious decision, he was unconscious of the dynamics. That makes the creation of the original de-motivating energy an unintentionally unconscious one.

Now for the good, even great news. Motivation will now accept 'conscious' instructions simply because, conscious or not, consciousness is the overall instructor. Though it is of little use to direct your conscious self then to expect your motivation to dance to the beat of self-motivation.

Consciously, you must 'intent', and to the exclusion of all else; you must place all your attention on the intent to inspire your energy of motivation. Then, when motivation accepts your attention, you then nurture and guide this energy with inspiration. Only then can a positive association be created and over time, this is strengthened using the power of the will.

Step 2 - Installing The Ultimate Construct of Reality

By now, you will have an in-depth understanding as to what de-motivates you. Now, albeit in reverse, the process of creating positive associations is the same.

As there are past 'negatively associated experiences', there are also positive experiences, which create a 'positively charged associated core experience'. To do this, you need to be familiar with what it is you 'love'.

Yes, as bizarre as this may sound. If you identify what it is you 'love', then this is a short cut to the transformational process. Though it might feel more familiar and comfortable to use words such as 'desire'. Yet, what we are really referring to is a core preference often referred to on the surface as a like or love.

So let us now demonstrate tapping your likes, desires, and ultimately what it is you love.

In the case of Tony, once his de-motivating factors had been identified and dissolved; the raw energy of motivation awaits an instruction. If this energy is not harnessed in a relatively short space of time, it could easily gravitate back to the old state of de-motivation. As mentioned earlier, with the absence of de-motivation there is no void, nothing missing, and no gap to fill so to speak. The energy returns to its natural state of balance that is neutrality. However, do you recall the word '*flux*'? Also spoke of earlier, consciousness in flux prevents humans truly standing still, which means that if the energy of motivation is not consciously harnessed, then yes, there is a possibility it could listen once again from the sub-unconscious, and gravitate towards de-motivation. Nevertheless, for Tony, this is not the case.

In previous chats, Tony was asked some simple questions.

Here are those questions:

1 - What do you love about life?

2 - What do you love about your work?

What can be gleaned from these two questions alone can fill a whole module. Though for simplicity, what follows is a brief outline, searching for his main drivers.

Remember the only possible way to motivate, is by way of positive encouragement. Therefore, to fully understand what motivates, and drives Tony, we must ask him directly, what he **'loves'** about his life. Not what he likes, or desires, and not about his work. As at this point, it is all about Tony.

In asking what it is he loves; the ego is bypassed, as well as all other character or personality traits. This is so because the very essence of the word love conveys unseen subtle electromagnetic vibrations of light. These vibrations are pulsing, and rotating in a positive resonance, whereas fears are the opposite. That is, corresponding resonances that pulse and vibrate in the negative. So irrespective of whether the individual is aggressive, defensive, or even violent, when the word love is genuinely projected surface reality communicates directly with an individuals' core. However, we are not talking of surface love's, such as *'I love my car'*, or *'I love my partner'*. Neither are we conveying new age, spiritual, or religious unconditional love such as *'hug a tree'* type of love. What is being talked of here is the electromagnetic vibration, which is one of two core polarities in human beings.

The electromagnetic vibration of love and fear has a sound frequency recordable as hertz. Though slight ambiguity surrounds the actual frequency range, there is confidence that science will settle on quantifiable numbers sometime soon. However, did you spot the shift from the word **'love'** to a **'hertz'**, to a **'sound frequency'**? This is so because every vibrational frequency in existence is also a sound. The human ear cannot hear it; nevertheless, it is still a sound.

So back to Tony...

As asked what it is he love's about life. What we are really looking for is what drives him. What is it that gets him up in the morning, and irrespective of his darkest days, what is it that keeps him going? If you do not understand this about yourself, then truly motivating will be an impossible task. Though for Tony and like most individuals, positive self-motivation comes by way of **'personal advancement'**. This is so because at the core of the core is **'growth'**. Yes, did you grasp that? At the core of the core. That is, behind an individuals' core of life and duality is pure growth. With a little self-reflection, this is easily understood.

As a mentor, please take a moment to ask yourself the following;

Beyond health, partners, children, money, happiness, security, and enjoying a great long life, what is at your core? What is the ultimate purpose to your life?

Simplified down, most all in the existence of this world strives with a forward motion.

Whether it's defined as growth, or advancement, everything is striving to move forward. Yes, there are situations and necessary circumstances of backward and reverse actions. Though, ultimately, growth, advancement, development, call it what you will, is the overall feeling of moving forward.

Furthermore, Tony is perhaps no different to yourself, in so much that he views himself as an individual, with highly subjective and very personal views in life. That is, **if you are not perceiving yourself as moving forward, and advancing in life. Then please, please bear in mind that there is little, or no, motivation to work.** So, to transform the energy of motivation into self-motivation, as an inspirational mentor, the main priority is to identify what it is you love. If, however, you ask what you like, or desire instead of what you love. This will not reach the subtle levels and will dilute the transformational process.

While Tony can like, or even desire something, he may not necessarily love it. In other words, he may like, or even desire his job. Yet at his core, there is unlikely to be any connection to work at all. Whilst this may surprise, even disappoint you. This is a truth spoke earlier that work is not the core of a human's motivation. Their core is connected to their own personal growth, not their work. It may be expressed through work, yet the core is always individual growth. However, as soon as this is accepted, then progression can be made. Though, to throw another spanner in the works so to speak, please give some thought to the following statistics.

It is said that 75% of all working individuals will take time off with stress, and 75% of all doctors' visitations are due to depressive issues. Furthermore, recent studies during 2013 suggest that depression alone costs UK corporate companies \$16 billion USD (£12 billion GBP), and USA companies \$80 billion USD (£50+ billion GBP). As this has increased two-fold decade upon decade, this alone is a strong indicator that individuals are not motivated by work alone.

Though please do not be dismayed because it is easily rectified. Once core loves are identified, and nurtured, the bi-product is a successful personal and business life. As when you flip focus from the company's direction, to the focus of an individual's direction. Then a paradoxical transformation happens.

Often we forget that people drive businesses to succeed, and not the other way around. It is a wise person that fully comprehends without people there is no business. Yet, this is not a crusade for wishy washy unquantifiable solutions, and it is not anti-establishment. On the contrary, one only needs to look at past animal studies, then overlay these to understand that we humans are not too dissimilar.

That is, free-range chickens produce more, and larger eggs than caged hens. Pasture cows produce more milk and meat than penned cattle. Animals in nature reproduce, and live longer than zoo life. While there is no suggestion humans are animals, there are striking similarities that are wise to consider. Hearts beat to the same beat; blood circulates similar veins, and the source that creates, exists in, and maintains all.

As humans, we have learned from, and have a lot more to glean from our animal friends, non-more than the dynamics of motivation. It is not difficult to understand that for

animals, basic motivation is the survival of life. That is food, security, procreation, etc. Yet have you ever noticed that when any animal is placed in captivity, and their basic survival needs met - de-motivation sets in?

What does this have to do with humans? Well, what we are talking about here is the core of the core. For animals, their core of the core is an innate program of survival, and when stripped of this driver, their natural functionality declines. With this in mind, is it any wonder that captive animals display aggressive behavior, develop distemper, and experience difficulty in producing offspring?

Likewise, human's innate core driver is for 'growth', and this can only ever be achieved through love. This is so because as highlighted earlier, humans have only two core drivers, love or fear. Though as you will already know, it is not often staff come to work stating they are here solely for the purpose of trying to banish their fears. Yet, this is exactly the case.

In a recent study, it was discovered that a staggering 90% of individuals were indeed operating from a premise of fear. That is, fear of not providing enough for their family, fear of someone else taking their role, fear of being fired, etc. With this in mind, is it any wonder that de-motivation serves as a key factor in the demise, and collapse of whole companies. Yet, when turned around and operated from the polar opposite energy of love, then the exact reverse happens. Individuals flourish, and companies expand. This is so because there is one simple universal dynamic law that to date has been available to only a few. That is the **Dynamic Law of Contraction and Expansion**. Either something is contracting, or expanding, it is as simple as that. In other words, as energy is always in a state of flux, it is always moving and there is no fixed state of being. In a human sense, this translates into an individual's life is only ever doing one of two things. That is, growing or shrinking, de-motivating or self-motivating, with their core resonating from love or fear. There is no in between. There is no stop, no end point. There is only gravitating to, or from.

So, when Tony is asked the question of what he loves about life. The question reaches directly into, and connects with his unseen electromagnetic dynamics that sub-unconsciously influence and propel him. As bizarre as this may sound, the question incorporating the word 'love' automatically, and subtly converts itself into a corresponding electromagnetic vibration of which Tony has little choice but to respond.

When it comes to your inner dynamics, this is easily quantifiable. At the right moment, pose this very question to your own mind, carefully observing your knee jerk response. Then, on a separate and totally unconnected day, ask yourself what you 'love' about your life. The words 'like' and 'love' send two very different, and powerful signals. Yet because people are neither acquainted, or comfortable asking what it is they love. More often than not, the general feedback is a series of overlays leading to a distorted take of personal motivators.

Though there may be some natural resistance and discomfort in posing the 'love' questioning, please challenge yourself to overcome this. As when it is replaced with the secondary word of 'desire', then the effects are lessened. While desire can achieve good

results, love can achieve outstanding results.

As an example:

One would not tell their wife, husband, partner, or otherwise that they simply desired them. Initially this may be the case, though long term, desire transmutes into love. As love is an emotional connection, it reaches deep into the heart of any and all individuals, and it is this depth that we are aiming to reach for. Of course we are not looking for 'love' so to speak, but we are looking for what really and truly makes you tick - Love is a major motivational driver. Ask what it is you genuinely 'love', and you will know what drives and makes you tick.

So go ahead and ask yourself the following question - "***What do you love about life?***"

For example:

1 - *Tony may reply with something petty like he loves his cat.* This may be true, yet as there is no associated and attached 'feeling', this would not be considered a major core driver. The very fact that he refers to his cat indicates his emotional connections are outside of work, but again, he is not really saying that he loves his cat.

2 - *He may say he love's life.* Yet again, as there is no associated and attached 'feeling', this is also not a core driver. A love of life is a broad saying, which bears no relation to a core experience. If he really does believe he loves life, and that may well be the case. His overall consciousness is maintaining some form of distance from the actual real core love.

3 - *Finally, he may say he loves his family and he most likely does.* But again, as there is no associated and attached 'feeling', this is not a core driver.

While it might be assumed Tony has declared feelings of love for his family, please allow the following to demonstrate how conscious reality can dupe us into thinking distortedly.

Tony stated that 'he loved his family', but he did not mention, or identify what this feeling of love was. Yes, he loves his family, but the specifics about what he loves within his family are his real core drivers. For instance, Uncle Fred may invoke uplifting, inspirational feelings of support. Therefore, Tony's system has encoded a loving association. In other words, because of these uplifting electromagnetic attractors Tony is sub-unconsciously drawn towards him. Therefore, in the case of Uncle Fred, and Tony's love. The real core drivers are what inspires him. For Tony to love, there will always be a core 'feeling' creating and driving that love.

So, for all three of the above, loves are only ever bi-products of core drivers. Yet, to be a core driver, there must also be an associated '**feeling**'. Yes, irrespective of a businesspersons' surface detachment from inner feelings, at their core. Conscious or not, is an emotional 'feeling'. For example, take a highly successful businessperson. It has often been stated that success, and money are not core drivers. At their core were emotional charges, which attach to feelings of power, control, or both. Yet, neither power nor control is wrong. Nevertheless, they both produce 'feelings', of what success, and

money trigger. They can be used as positive associations for self-motivation, yet they are not core drivers.

Please allow a brief explanation...

1 Tony's cat may symbolize a core love, or fear. Yet, only he will ever know the true reality of, and without physically sitting down, or engaging with interactive mentoring, we make an educated guess. However, for us to really understand, and know what drives Tony, we simply ask an additional question of why he loves his cat. Irrespective of his answers, if the love questioning is continually posed, eventually the core will emerge. Either he is driven by the lack of affection from others in his life, or he has insecurities towards others. Or it may be he is driven by the elegance, independence, beauty, softness, and the responsibility in supporting life. Only in continually posing the question and then "**listening**" can we arrive at the root, though the root will be one of two drivers - a pain/fear, or a desire/love. At his core will be one major event that he physically experienced as good, or not good. That is he liked, or disliked, and his system has embedded this experience to use as a driver, it is as simple as that.

The complexity in distinguishing whether the core is a love or fear, comes from overlaying future events. Like the photos mentioned earlier, the top does not resemble the bottom. As for Tony, the love he 'feels' for his cat is only ever a trigger to maintain distance from a disguised fear, or attract him to a core desire and love.

Though please allow the following statistic to permeate your mind. That is, 100% of individuals studied, were all operating from core fears. Surprisingly, not one individual was operating from core desires, or love.

Nonetheless, and moving on...

2 Stating his love for life, is also an inaccurate core driver. Love of life is a broad bi-product to deeper levels such as what he is associating, and attaching 'loves' to in his life. Again and irrespective of his answer, by posing the same question, "what does he love about life", back, and back. Eventually the core will arise.

3 Tony may well indeed have intense love for his family. Yet, this is also a bi-product of love's core. However, to identify and raise this core, the question is continually posed until the core is reached.

For example, it may go something like this:

1 - "*What is it about your family that you love Tony*"? What is likely to rise is deeper motivators such as he loves this about John, or that about Jane, and this about his wife and that about Uncle Fred, etc. That is, instead of him relating to love in a broad sense, it begins to individualize out. What is gleaned from this is what he is connecting, and associating to and ultimately it is these other associations that are triggering, and driving him. These are triggering the two core drivers of either love or fear. That is, either Tony's real life experiences with Uncle Tony have been positive and uplifting, thereby creating a lifelong feeling of love. Or, they have the opposite effect, creating dislike and distance known as fear. Though once identified, Tony's core drivers of love can be used to self-

motivate, and propel his working life.

While this might appear to be complex and exhaustive, the process is really quite straightforward. Either Tony is operating from a core love, or fear. Once identified, these loves can be harnessed, recycled, and used to create endless amounts of self-motivation. That is, free positive and productive energy.

Please note that this is exactly the same process, which created de-motivation. The difference being that the energy of motivation was used in reverse. That is, original experiences were founded upon fears. Much of which have been quite natural, nevertheless it is still the energy of fear.

Please continue to make notes from these two questions:

1 - What do you love about life?

2 - What do you love about your work?

Though when asking love questions relating to work, please bear in mind that for male and female the answers will differ. This is so because although mankind has evolved, human DNA remains the same.

Males are genetically programmed to hunt and provide.

Females are genetically programmed to nurture and grow.

However, the above is not a strict rule and appreciation is given that males can nurture while females can hunt.

To conclude this section, please note that while the focus has been on two questions, this is simply to draw focus on what it is you genuinely desire. As what you desire, though more accurately, what you love at the core, is what's driving you.

Once you identify these 'loves', the key to creating, installing and growing self-motivation is to build on what already drives you.

For example; Tony stated that he loved his family, which when worked back was a '**good**', '**associated core experience**' that left him with a '**feeling**' of '**inspiration**'. From that good moment created in childhood - good or bad, his sub-unconscious will begin to drive and seek out similar future events. Of course initially Tony would only ever connect this '**good feeling**' to Uncle Fred, though like the overlays in the photo, and with the passage of time, anything and everything that reminds him of the event will inspire him.

To install self-motivation from an existing driver, you simply identify that driver, and then build in similar associated links to future events. For example; what was it that Uncle Fred did that inspired Tony? Well, this is only something that Tony knows of, and working back from the leave to the trunk, so to speak, will identify it. Though, let's assume Tony was around 7 years old and he attended an event whereby Uncle Tony was awarded a prize for being number one executive. At that event, Tony connected deeply to

the happiness and joy that Uncle Tony was emitting. As he already had a liking for Uncle Fred, in a sense, he was already electromagnetically attuned to him.

Therefore, perceiving the event as ‘**a like, good, and a desire**’, is a perfectly rational scenario.

Once this event is perceived as good, it locks-down and all future associations that bear any relation to the event will drive and positively motivate Tony. That is, executives, men that look like Uncle Fred, awards, competition, being number one, etc. Albeit operating from the sub-unconscious, it is most likely these will all become future motivators

Please make a note; the same applies to your own motivational forces.

Step 3 - Applying The Will

Once self-motivators and positive associated experiences have been identified, harnessed, and developed. The final process of fueling, propelling, and guiding self-motivation has begun.

In this concluding section, personal and professional plans naturally develop. Realistic targets, goals, and applying determination take place. Though, in order to minimize disappointments, maximize results, and guarantee the outcome. Baby steps are the suggested route. Unnoticeable movements are the true definition. For simplicity, and ease ‘baby steps’ is a positive way forward.

There is a law – Newton’s Third Law of Motion. That is, “every action produces an equal, and opposite reaction”. In other words, a bullet fired from the front of a gun, exerts the same, and equal force from the back. This is why a marksman's shoulder, arm, or hand recoils when the trigger is pulled.

When the above principles are applied to human dynamics, Newton’s laws appear to operate in exactly the same way. That is, when a large step forward is taken. In that very same moment, also created, is an equal potential for a large step backwards.

How is this so?

Because reality is duality, and although there is little time to explain, often the dynamics of duality are overlooked. Nevertheless, physical energy or non-physical energy, energy is energy. These are the very dynamics Newton referred to in his discoveries. All action is energy in motion, and for every motion carries its potential opposite. These opposites can be seen with success and failure. With this in mind and when moving forward with incremental steps, the potential for disappointment and failure diminish with it.

Furthermore, and when advancing in real life. The power of the sub-unconscious can be utilized to an advantage.

How is this so?

Studies have shown that when an individual consciously progresses with baby steps. **Often their “sub-unconscious mind” overlooks the difference, and just does**

it anyway.

Here is a quick example:

As an analogy only; One of Tony's dreams, was to possess a physically toned body, something he'd tried and failed at many times over. A simple routine was compiled, and he was packed off to the gym. He began with a simple arm exercise of 10lbs (as a fully grown healthy male), the weight is light and hardly noticeable. In fact, his brain barely registers the fact that, he is engaging in resistive training. However, let's assume the rules change, and he is now set an end goal of 30lb, (with weekly increases of 5lb). If not instantaneous, it wouldn't be too long before Tony felt the psychological stress, and the weight of the end goal. Sooner or later, and in particular, with noticeable increases, some form of de-motivation would set in. Though, not only that. In setting a high-end goal. Tony's subtle levels of reality would have reached a decision regarding the outcome, before he even began.

This is so, because the overall self. That is, 'overall consciousness', i.e. his 80% sub-unconscious self knows what to expect, and whether or not, this goal 'should' be reach. The word should is used, as when Tony reaches a level of perceived pain, discomfort, or dislike. His unconscious self will kick in, initiating an automated process of diversions and positive overlays. This is based on what his unconscious thinks it should do. Though contrary to belief, the mind's thinking is not based on right or wrong. Decisions are formed purely from past associated, linked, good, or bad, liked, or disliked experiences. This explains why Tony came up against his own past resistance and unsuccessful goals. That is, his 80% sub-unconscious made the decision for him.

Of course, Tony could apply traditional techniques, of self-determination, mind over matter, positive thinking, and then hope for the best. Yet, previous statistics show that in applying these techniques, actually yields the lowest result. That is, 95% of all personal and professional targeted goals are never attained. And while one might state this is the very nature of life and reality. The next paragraph will seek to demonstrate otherwise.

Now let's go back and change the rules for one final time. Now let's give Tony the same 10lb weight, only this time, there is no end goal and as there are no hard, and fast weekly increases. For initial guidance, the first exercise will come with set 'baby steps'. Though, the real requirement is that he strives onwards. Progresses, moves forward, and advances in the direction of his desired outcome. Initially we will make suggestions, though later, and in using the following techniques, things will become natural and he will apply these unconsciously.

Tony is given the freedom, and full responsibility to achieve his desired goal. All forms of pressure and external resistance are eliminated. Yet, because his goals are subjective, and the goal here is to lead him towards achieving that subjectivity, failure diminishes.

Now imagine he increases his arm exercise by a mere half a pound per week. Whilst this may appear slow with little, to no progression. It is wise to remember Newton's law? "*Every action produces an equal, and opposite reaction*".

Therefore when tiny, almost unnoticeable incremental steps are made, i.e. baby steps.

Then the sub-unconscious does not resist. This is so because the smaller the step forward; the equal, and lesser backward potential also exists. As they coexist together, moving one small step forward means that if it all goes wrong. Then there is only one small step backwards. In addition. It has also been noted that when the conscious mind is in full control, and without the existence of resistance. Then the forward action takes precedent. Again, this is so because there is no resistance. Though, even if there were some resistance, then progressing with baby steps ensures that this resistance is weakened, and powerless. Therefore, as a half-pound weight could be deemed little difference in moving forward. The same is for half a pound moving backwards, and the apples won't fall far from the tree, so to speak.

Therefore, when moving forward with incremental baby steps. Tony is unlikely to shy away from small half-pound increases. In fact, he himself may even laugh at the idea of such baby steps. Yet, this is the answer to successfully growing.

This is not duping or trying to fool Tony's sub-unconscious. What we are applying is '**conscious progression**'. When Tony increases week by week. After 10 weeks he will have raised the poundage, progressing from 10lb to 15lb. For Tony, he will feel the extra, but this is still highly manageable. Though, from a sub-unconscious and subtle level point of view, the signal is an extremely powerful one. Each small successful, and successive increase, adds weight to his bigger picture. That is, his overall consciousness is registering and building up natural will power. Accompanying will power is determination, and because the conscious mind is creating it, the process becomes naturally effortless.

Each week Tony knows full well, that he can handle the half-pound weight increases. Therefore, his reality shifts from a can do, to a will do approach. Over time, the accumulation of will power grows. Nevertheless, not only that, it is now infused with positive determination. This is an essential ingredient towards developing, and maintaining self-motivation. Though make no mistake, if you do not develop this natural will power, then no amount of applied determination matters.

Even if after 10 weeks, Tony was to slip, and fall from the wagon, so to speak. His reservoir of will power is enough to keep him moving forward. This is so because the incremental baby steps, is likened to placing cents inside a piggy bank. Over time, cents form dollars, and the same can be said for human energy. Adding small but equal amounts of positive energy, contributes to the overall formation of the larger energy called 'self-motivation'.

So now is a good time to set your own self some small targets and goals, outlining the incremental baby step process. It is most likely that in doing so, and applying this, that you will display the opposite reaction from previously set targets, and goals. Yes, you are likely to smile, laugh out-loud, even demonstrate bemusement. This is OK, and at present time, it is exactly where you are required to be. Remember it is you, your own mentor that is going to witness a birthing of will power, and the growth of determination.

Though, before beginning please remember Newton's Third Law of Motion. That is, "*every action produces an equal reaction*". Therefore, if your future targets and goals

are larger than baby steps. Then be mindful that the exact opposite also exists. That is, imagine the goal is big simply because you thought you could do it. Please bear in mind that whatever the distance between the target, and goal. **The equal and opposite also exists. Excessive backward failure is also creating at the same time as an excessive forward goal.** To dissolve this failure is to remove the force of energy in the first place.

This is better understood when we experience an individual who is struggling to meet targets and goals. Eventually, their will power and determination dissolve, and if you like, their spirit becomes broken. This is the outcome of an excessive target or goal. Though, like the energy from a gun firing a bullet, it recoils backwards into the hand, arm, or shoulder of its owner. Now in modern-day life, it is understood that energy in people, and business operate exactly the same.

After reading the above, you might say that it is impossible to apply these baby steps, as all targets and goals have been set from above and beyond. However, it is worth remembering that conscious, or not, it is almost impossible for people to positively respond to impersonalized targets and goals. Furthermore, no matter what the target or goal, if it does not meet with the sub-unconscious approval of advancing the actual individual. Then it is unlikely the goal will ever be reached. Finally, please bear consideration for successful businesses, corporations, and organizations; they did not just become overnight. Baby steps are a key, but often in haste they are pushed aside.

Please give this some thought.

Step 4 - Applying Productive Determination

Birthing, growing and applying willpower is not the same as determination, yet as they go hand-in-hand, please allow a little overlap.

In the last section we discovered how willpower is birthed and grown. That is, planning and setting incremental baby steps forward. In doing so, allows the conscious mind some control, over the sub-unconscious self. Once this technique has been applied several times over, mastery will begin to shine through.

Though, what happens when the incremental baby steps become repetitive, even monotonous?

This is where we call upon determination.

However, we are not talking of egotistical, detrimental, or destructive determination. The determination being spoke of here is, 'conscious progressive determination' that is applied to self, professional targets, and goals. In other words, once a target, or goal is deemed personally productive. Then determined steps are required to bring it out.

Though it has been generalized that determination is mainly required during times of adversity, the following will demonstrate to show that whether applied positively, or negatively. At the core, determination like motivation is a neutral energy.

Though, let's get back to Tony and his exercises...

Assuming he is now training week in, week out, applying willpower, and that to point and date. He is effortlessly achieving. Like that of any professional or personal related target and goal. The reality is that after a short while, boredom, tiredness, and lack of vision can naturally set in. Left unattended these energies often gravitate towards de-motivation. Yet how can this be when Tony is progressing effortlessly and easily achieving using the baby step process? It is because energy is in a constant state of flux. In other words, all energy, and that includes every atom of human energy is in constant motion. This is so because inside the atomic structure of all that exists are spinning vortexes of electromagnetic charges. These charges are pulsing this way, or that way, but they never stand still. This is a key element and the route to positive, and permanent lasting change.

This can be seen in action throughout the careers of top athletes, movie stars, and highflying executives. Initially, they start off full of self-motivation, then, as time goes by, a waxing and waning of de-motivation sets in. Yet, once aware of this human dynamic, it can be harnessed, and used to its highest potential. Though to "stay on top" so to speak, an effective method is for Tony to "develop awareness" of these dynamics.

Awareness is the key.

Please give the following some careful analysis.

FACTOID

"Nothing in life can be influenced, and change without first becoming conscious, of the consciousness that governs it. Whether one is conscious, subconscious, or unconscious of their consciousness MATTERS NOT - Consciousness goes on to automatically create through the conscious, the subconscious, and unconscious aspects of self - These are just the everyday DYNAMICS OF BEING HUMAN".

However, If Tony continued in allowing his sub-unconscious self to govern his energy, then there is at best a 50/50 chance, and at worst, a mere 5% potential of success. This is so because as outlined earlier, even when free of de-motivation. His energy will gravitate left, or right. Up or down, positive or negative, etc. Remember energy is not static. Therefore, energy has no choice but to direct itself somewhere. However, even then, it is destination-less, simply because all energy is either gravitating towards, or away, either contracting, or expanding. There is no in between. No end, or stop point. So, if like Tony, you are unconscious of these natural human dynamics. Then your energy is operating like that of a wild garden.

The key to governing and directing this energy is determination. Though, we are not talking of brute force, aggressive, or grit your teeth and do it determination. The determination being spoken of is 'rationally applied logical determination' that understands the desired targets and goals are indeed achievable.

Yet, one of life's biggest misconceptions is the general worldview towards the human

energy of resistance. In a general sense, most forms of resistance are considered to be negative, with a great deal of time, effort, and money spent attempting to annihilate it. In fact, many positive mentoring gurus go to great lengths in order to smash, remove, or overcome resistance. Yet, as we will uncover, resistance is as natural and as useful as the air that we breathe.

It is well understood but often overlooked that life is a reality of duality, and in order for something to exist. The exact polar opposite must also coexist. That is, night & day, top & bottom, left & right, up & down. Positive & negative, giving & taking, happy & sad, resistance and acceptance etc. The list is endless.

Yet, as much as one accepts these polar opposites, when it comes to the energy of resistance, there is a rejection. More often than not, when resistance enters into life and reality, steps are taken to eradicate it. Though, not only is resistance a natural aspect of reality, once raised to the conscious mind, it can be accepted and utilized for what it is.

As an example only, after receiving a target or goal, can you remember a time when you reacted with, “*I can’t do it*”, or “*It’s too difficult*”? Can you recall a time where you set out on a task, and came up against this everyday resistance?

There is a universal phenomenon that attributes resistance to be a natural law, rule, principle, and dynamic of the universe. It is stated as a phenomenon simply because science has not yet fully understood these dynamics. Just like trying to pair two batteries of the same pole, natural resistance prevents their union. This does not make resistance wrong, or that another way should be adopted. Natural resistance is just that, ‘**natural**’. Furthermore, once the dynamic or resistance is acknowledged, it can then be used to work for and not against.

The suggestion is to acknowledge rather than accept. For when it is consciously acknowledged that whether positive or negative, resistance is a natural aspect of life.

The way through resistance is to acknowledge it. We are not seeking to ignore, deny, go around, overcome as this only serves to strengthen it. In consciously acknowledging resistance, dissolves its power. It is not a 100% dissolution and it never will be. Yet, once consciously acknowledged, resistance no longer operates at full strength. In acknowledging allows one to plan a walk through. In other words, and as an analogy only, if the clear plate glass door is consciously seen, then the door can be opened and access gained. Unseen, and one is likely to meet with an unpleasant experience.

The point being emphasized that what the conscious self is not aware of, does not receive any acknowledgement of. Though now, your mind may already be posing the following questions:

1 - If acknowledging resistance doesn't dissolve it, then what's the point?

Usually all resistance is ignored, pushed back, worked around, or overcome. Yet, more often than not, in doing the above, “*resistance*” actually becomes more prevalent. While consciously acknowledging, creates an allowance. This in turn dissolves the sting. However, resistance can be likened to a simple magnet. Its natural elements are atomic

in structure, and therefore repel similar poles. Here lies another *key*, as when resistance is disarmed from operating at the level of negativity. It automatically swings to the polar opposite side of positivity and starts working for you. However, it is not possible to discuss resistance in detail here, please refer to the downloadable module transforming resistance.

2 - It was mentioned to go through it, yet the analogy was that of opening a door. This doesn't make sense. Why?

Resistance in its natural state is like all other human energy, and is neither positive nor negative. Like a baker takes dough through several steps until it becomes bread, resistance is not too dissimilar. The first step is to consciously acknowledge, this dissolves the sting so to speak. The second step is to identify and unlock resistance, yet for the purpose of this module, we shall stick to the basic principles.

So back to acknowledging, allowing resistance, and how to achieve this.

Like in daily life, once any change or increase is proposed and implemented, natural resistance kicks in. Though the full dynamics are detailed in the module (Getting What You Want NOW! - Transforming Resistance. Please acknowledge that all forms of resistance, that is physical, emotional, or mental, operate from the same dynamics.

Now Imagine Tony and his weight-training regime. Whether week one, two, or three sooner or later he will come up against resistance. Regardless of all planning and enthusiasm, there will come a day. A time. Where mentally, emotionally, or physically he just doesn't feel like training. If he is not aware of the natural dynamics of resistance, then this is a pre-cursor for de-motivation. Nevertheless, on this occasion, we will assume Tony does not gravitate towards, but instead acknowledges and allows resistance to "just be there".

Human resistance is natural, it is unlikely to stop, it will not go away, and like a Typhoon, once manifested, there is little one can do to control it. However, like a storm, if we know of its arrival and potential, then steps can be taken to minimize the effects.

For a brief moment, let's look at resistance. It is shrouded in every aspect of every moment in life, whether physical, emotional, or mental. Resistance permeates to the very core of every human being. The very action of opening one's eyes, rising from the bed, walking, talking, breathing, driving, eating, working, swimming, etc. It all requires an element of resistance.

When Tony picks up his gym weights, he may not be aware, yet his muscles are naturally resisting. A well-toned or muscled man is nothing more than a culmination of resistance. In other words, his stretched muscles produce the aesthetics that are pleasing to many. Nevertheless, when the energy dynamics are large muscles, they are all but a bundle of resistance. Additionally there is emotional and mental resistance.

For example; Tony may come to say that he just doesn't feel like gym training. His emotions and mind tell him, "*not today*". He knows not why, only that today he doesn't feel like it. Albeit sub-unconscious, these are all forms of natural resistance. This is the

same resistance that applies to all personal and professional targets, goals, and any decisions being made, etc.

For example -- Have you ever noticed that initial knee jerk reactions towards set targets and goals are generally those of “*can’t do*”, or “*not possible*”?

Have you ever noticed that once a task is set, large, or small, achievable, or not. The mind naturally resists telling you what it is that you cannot do? Though, natural resistance is not confined to the mind alone. Resistance is human’s natural reaction to almost every conceivable, action. Physical, emotional, mental or otherwise. Natural resistance exists in direct parallel to every thought, action and reaction taken.

Here are a few examples;

First thought

Second thought

Today i will keep fit

I’ll leave it today and work harder tomorrow

I’ll wash the car

Does it really need it

I can reach my targets

Can i reach my targets

I can do

Can i really achieve it

I wont drink tonight

I’ll stop tomorrow

I shouldn't eat this

One more won’t harm

So here we uncover another key - Just allow that second thought of natural resistance to be there, and over time, replace the allowing with a plan for it to be there. Yes, forward plan for all resistive thoughts, emotions, or physical resistance, as this will serve two purposes.

1 - It builds up a natural awareness to resistance.

2 - Planning allows, and allowing dissolves resistance.

The next step is to ‘**feel**’ it. For in ‘**feeling**’ the resistance acquaints and allows us to become familiar with this perceived negative energy. Over time, perception will adjust to accommodate and any negative power in the resistance will dissipate. This is so because resistance gained its initial power from sub-unconscious unwanted dislikes. Once raised to the conscious mind, awareness permeates and resistance can be seen for what it is, i.e. natural resistance.

To successfully transform de-motivation into self-motivation, a brief understanding of resistance is required. Though, we have wandered from the path so to speak, it has been absolutely necessary to do so. As your own mentor, please bear this in mind because when installing self-motivation, natural resistance will arise.

Again, please allow it to be reiterated, that once raised to the conscious mind, being aware of and planning for negative resistance disempowers, dissolves and dissipates the

majority of it's power, yet we still must deal with and pass through what's left.

At some point Tony will come up against his own resistance, thinking or feeling that "today, he just doesn't want a gym workout". This may be so, yet the thought or feeling is unlikely to be real. It is not a truth because initially Tony began in earnest, then without any awareness of, his thoughts and feelings reversed. This is natural resistance that once planned and accommodated for, will not feel half as strong. Yet this is not the final stage because in order to install self-motivation, the requirement to conquer and master his own resistance is paramount.

So how does he set about achieving this?

Whether at the gym, the workplace or elsewhere. Resistance can be mastered with acknowledging, in allowing, and by forward planning.

It has already been said that in raising resistance to the conscious mind, allowing, and planning for it to just 'be there', much of it's power dissipates. Nevertheless, this is not a magic potion, and to conquer the remaining amount, it is necessary to "move through the remainder". Though the trick is to allow, accommodate, and make an allowance for its existence. In doing so, like Tony, and when adopted by yourself, the associated attachment of de-motivation has nothing to secure itself upon.

In other words, imagine Tony approaches his gym routine with the following mindset;

Recall that Tony "just didn't want to go to the gym", yet also did not really know why. Now imagine he is re-educated with the knowledge and dynamics of resistance. Now he still feels the resistance, and still comes up against the "I just don't feel like going to the gym today", yet on this occasion. He acknowledges, and allows that feeling to be there, continuing onto the gym and his workout.

As Tony is already "applying incremental baby steps" any resistance he experiences is minimal. Therefore to pass through this step is not such a problem. Furthermore, and the following can only be experienced in life, not from words. Yet, once resistance is successfully passed through. After a few attempts, resistance transfers to motivation. Though, it is still the energy of resistance so to speak. Nevertheless, it transfers itself from the losing, to the winning side. This is so because as stated earlier, resistance is neither positive, nor negative. It is a simple human dynamic that fuels itself with appropriate energy. As resistance is no longer being fueled from the "giving in, or avoiding, etc." neatly and inconspicuously, resistance transfers itself to self-motivation.

Though in truth the same energy of resistance is in operation, only now it is working for and not against Tony. Resistance now works for self-motivation. It is the same energy, now operating in its polar form.

That is, after a few successful pass through's of "*I can't do this*", or "*I don't feel like it*". The energy gravitates to where it can best obtain a supply. As Tony has achieved a few successful pass through's, his "*can't do*" attitude gradually transmutes, gravitating to a "**can do**", with resistance going with it.

Resistance follows itself. That is, when Tony consciously tells himself that no matter what he thinks or feels, he will go to the gym regardless. He is transferring his own resistance to the side whereby it can operate for his good, and it now operates for self-motivation. In other words, it is likely Tony will begin to state that, “*I can do it*” and “*I will go to the gym*”. This is a simple, yet very powerful human dynamic.

However, there is a critical point, whereby the energy of resistance gives up working for “*I can’t do*” transferring to “*I can do*”, though for the purpose of this module, we are not going to explore this any further. Only to outline that the energy of resistance like motivation does not discriminate where it operates from, and it can equally be used to fuel and propel self-motivation. Nevertheless, if you would like to explore the dynamics of resistance in further detail, please refer to the resistance module.

Now that Tony has consciously or sub-unconsciously transmuted, transferred, and gravitated resistance from operating with de-motivation, to self-motivation. Conscious effort is required to strengthen. In maintaining incremental baby steps forward will further fuel, propel, and maintain self-motivation.

Section 7 - Maintaining Self-Motivation

How do you keep yourself motivated, and what prevents you from slipping backwards?

Once aware, and with the application of a few basic human dynamics, maintaining self-motivation is not so difficult. However, if the conscious awareness of these dynamics are read like a book, placed on the shelf and forgotten. Then with surety, de-motivation will return.

This is so because the very dynamics of human beings are precisely that - dynamic and will gravitate back to where they feel most comfortable.

Whilst it has been said many times and an apology is given, that the information contained here can at times appear complex and taxing. Please know that this route was taken simply because it is absolutely vital to come to grips with what and how human dynamics work so you can gain influence and change yourself for the better.

Human beings like all energy are dynamic in nature. That is, at all times humans potentiality is either positive or negative, good or bad, this way or that way, left or right, up or down - duality. Because of duality, energy is not static. Avoiding complicated science, only to say that like a buoy bobbing around the sea. Humans too, float this way or that way, (possessing motionless potential). In other words, like a buoy in the ocean, the physical body flows around reality guided and deterred by the undercurrents. It cannot become truly stationary, therefore cannot and does not stand still.

With that in mind, until trained, and guided to automatically operate from the sub-unconscious. Self-motivation requires a small percentage of conscious attention. As the mentor, the final step in this transformative process is to train, and equip yourself with the following simple, yet highly effective human dynamic.

The Human Energy Dynamic = Productive or Destructive

The above are two simple words, yet extremely potent and very powerful in everyday life.

While engaged in daily work, and for every task, goal, action or reaction. Pose the following question to yourself.

Is this Productive or Destructive?

Meaning, that the following is put to your conscious mind; ***“Is what i am doing, saying, reacting to, actioning, projecting, emanating, etc. Does this have a productive, or destructive effect upon my work, my career, and ultimately my life”***.

Guide this to be the first thought, engaging, and continually posing this self-reflective question throughout your entire day.

In applying the above. Self-questioning bypasses the conscious mind engaging with the subtle self. While this might appear counter productive, It's effects are exactly the opposite. That is, what appears a negative action, derives a positive reaction. When the individual engages with self, the gap between personal, and professional bridge. That is, business and pleasure bond, and overtime the two meld into one. This is so because the very questioning, **“Is this productive or destructive”** prompts self awareness to question itself.

In other words, no matter what post, or level the individual is at, when the question is posed, *“Is this productive or destructive”*, first, It will be viewed from the perspective of self gain, and secondly, It will be viewed from self-gain through the company. That is first. Is this good for me? And secondly, is this good for my career.

As this is **“conscious questioning”**, more often than not, the individual will avoid destructive outcomes. While this may come over a little deep, it really is very simple. For when this question is raised to the conscious mind, imprinted, and then used on a daily basis. Then powerful electromagnetic changes occur. Again, we will avoid in depth explanations, only to outline that this is how humans work.

If you do not have moment-to-moment direction, productive output will decline. Not suggested in a conceited sense, though without applying the contents of this module. It is not enough for you to hand yourself direction, and then self-administration be relied upon. Studies have shown that self-reliance contributes to the birth of de-motivation. This is so, because prior to a level of self-mastering, 80% of reality is performed from the sub-unconscious. Yet, where there is an everyday awareness of “productive, or destructive”, then more often than not, the conscious choice is always one of choosing “productivity”. This is so because as highlighted earlier, human's innate motivational drivers are of progressive steps forward. Though, this extends further. As when the conscious direction is a personal choice, and not an instructional force, then there is no resistance. With the absence of resistance, there is no sub-unconscious conflict, and the individual is free to strive forward.

Once you have installed and guided yourself to a level of self-motivation, applying the above dynamics to every action and reaction, target and goal, maintains your self-

motivation. Albeit there is a requirement to become “**conscious**” of this questioning, applied in a habitual manner, with time, it will neatly drop off, performing on autopilot from the sub-unconscious.

Think of it this way...

Imagine that Tony is now free from de-motivation, and experiencing self-motivation. If he were to find himself slipping, perhaps gravitating towards increased office time. He would then pose the self-questioning. However, as he would already have undergone this module, the slip would be fractional. Therefore, prior to the slip he would already be applying the questioning; “***Is this productive or destructive***”? Alternatively, “***Is what i am doing, or going to do, productive or destructive***”? Either way, the fall from grace is caught, and self-motivation is maintained.

Though, what made him slip in the first place? And what preempted his fall from grace, so to speak?

Well, remember the flux spoke about earlier? This is not a disclaimer, though if self-motivation is to enjoy self-maintenance; it simply has to be accommodated for. Each and every human being requires varying motivators at differing times of life, and when reflected upon. Often what works today, will at some point in the future, naturally outdate itself. In other words, please be mindful that motivators are highly personal, and somewhat temporary.

Another way of maintaining self-motivation is from adopting and implementing regular appraisals. Not clinical, mechanical, or buddy-to-buddy chats, as these do not fully motivate and drive individuals. The appraisal being talked of is a highly personal, totally subjective, 100% private and confidential appraisal, that the individual themselves not only contributes to, but also compiles.

Again, studies have shown that when an individual is allowed a large degree of autonomy, given full responsibility, with accountability for their own future development and direction. Then a very different outcome potentiality is created. Personal appraisals are crucial in creating both personal and professional success, as well as maintaining self-motivation.

Section 8 - The Waxing & Waning of Motivation

Before we conclude this module, there is an aspect of de-motivation that once recognized is extremely helpful.

Saved until now, because once the main cores of de-motivation have been undone and self-motivation installed, there will come a day and a time whereby de-motivation will re-enter reality.

Why, why is the so?

Think of a circle, it goes around, and around, and around. There is no beginning, start, stop, or end.

Now think of life. That is home, work, personal, and professional. Often it is said that life, and all that we do circulates. However, look a little closer, and while definite loops can be seen to exist. Upon a closer inspection, the loops could be described as “**figures of 8**”.

These figures of 8 loops are commonly known in China as “**loops of infinity**”, better known as the number 8. Furthermore, the Chinese believe the figure 8 to carry great luck and vast fortunes, yet in a country where 85% of poverty still exists, it could hardly be a symbol of luck right?

OK, here is the last paradox. Rightly, the symbol means nothing to those that have no awareness of it. Yet, in Asia, millions of dollars are spent buying up these figure of 8 loops of infinity. Why is this so? Well, after more than ten years of studying this symbol, there indeed appears more to it than meets the eye. In fact, there is much more to it than could be perceived with the five senses alone.

For a moment, imagine the number 8, or figure of 8 loop in your mind. See the flow starting at the top, moving clockwise from the top right side to the middle (where the 8 joins with all other points), it then passes down the left side to the bottom. Then from the bottom it goes round the right side back to the middle, (where the 8 joins with all other points) then from the middle, up the left side to the top. In other words, it loops around with infinity, passing three points of balance that is the crest at the top, the middle, and the crest at the bottom. There is one of these three points a BIRTHING POINT, also known as a point of NEUTRALITY. That is the middle point.

The loop can be described as a life loop, and we can place any human energy inside that loop. For this exercise, imagine placing the energy of motivation at the middle point. In its birthing, resting place of neutrality, this is motivation’s home. As it leaves the middle, whether it goes up or down, left or right matters not. What is being outlined is that once the energy leaves it’s birthing place, it’s resting home, then just like your own life, it begins a journey.

Think of it as a natural process and that de-motivation is one side of the loop, the crest is balance, and the other side is self-motivation. As the energy moves around the loop, it naturally waxes and wanes, passing through each form, that is de-motivation, a point of balance, self-motivation, resting, and so forth. During the journey, there are several points of transformation that the energy will go through. These points have no beginning, no end, are not controllable, and are part of the infinite loop. That is, it never starts or stops, it is seamless and natural.

For Chinese, there is no question that this process is natural and that during each waking day, de-motivation will be as much a part of working life as self-motivation. They fully embrace periods of waxing and waning, resting and balance, and they accept the flux of the universe.

With this in mind, the challenge is to know, prepare for and accept that throughout the day, the infinite loop never stops. That is, irrespective of mood, opinions and judgments, personal or professional situations, the cycle will go on. Throughout the day there will naturally be several points of ups and downs, highs and lows, de-motivation and self-

motivation. This is just everyday life, and the infinite energy loop in operation.

Yet the most practical aspect of all is to fully understand the loop, to know it intimately, and to get it working for you. How do we achieve this? Well, you start by studying your own loop. Throughout the day there will be ups and downs, highs and lows. Make notes, and get to know the cycles. It takes time, though once aware of the waxing and waning, then like a storm cloud. You take cover when darkness is heading your way. However, when the sun shines, you make the most of that too. As the saying goes, “**make hay while the sun shines**”. This is what Asians do, not the 85% steeped in poverty, but for the 5% at the top, they are extremely conversant with this system.

So just to recap...

While an individual can become largely self-motivated, they will still endure periods of de-motivation. Yet, understanding the infinite loop of 8, allows them to know that on a high, at the point of balance, it will max out. Though on a low, that will not last either. Finally, there is the resting place. This is accessed when one is neither attached or detached - it just is.

Conclusion

There is an understanding that with one quick read, this module may, or may not produce the expected transformational process. In such a situation, please put it down, leave it a month or two, even a year. Then pick it back up, and read again. You will be surprised as this is where the magic begins.

This is not a disclaimer, a pitch, or an excuse. The information within will stretch and tax the mind to the degree that one’s “**dynamics**” can and will take time to adjust. This is normal, though with each further read, a deeper understanding, as well as differing results are gleaned.

Please do not dismiss a re-read.

However, assurance is given that what has been covered within, is indeed enough to invoke positive and lasting change. Once applied diligently and persistently, results will follow.

Nevertheless, please do bear in mind that the process of transformation is a journey. Once embarked upon, the transformational process automatically and simultaneously engages with several other human dynamics.

For example:

Resistance.

Fear/Pain.

Desire/Love.

Determination.

Will-Power.

Conscious, sub-unconscious.

The above are all human dynamics' that once interaction gets underway, they begin playing out their respective roles. That is, resistance, fear, pain, and de-motivation negatively exaggerate. Nevertheless, there are polar opposites of positives such as desire, determination, will-power, and self-motivation.

While this module covers just a little under 33,000 words, and can be read in a few hours. Please exercise patience, and allow time for change.

May we take this opportunity to thank you for taking the time and effort required to read and apply this module.

END

Thank you

[Beyond Timelines](#)

Other E-Book / Modules from Beyond Timelines

[I Just Want To Be HAPPY \(Transforming De-motivation\)](#)

[I can't Do It, Yes You Can \(Transforming Fear\)](#)

[When Things Keep Going Wrong \(Transforming Adversity\)](#)

[Getting What You Want Now! \(Transforming Inner Resistance\)](#)

¹ [S-S30E-FOH Stress Management Source pdf](#)

² Positive Adversity is a term applied to a person, or persons “bigger picture”. In other words. What may not be instantly evident, or obvious from a situation, event, or otherwise. Will with time unfold itself. Often and upon reflection, what was initially perceived as an adverse or negative scenario, is an essential understanding for overall advancement. Positive Adversity is another essential dynamic development tool that is covered under it’s own module. Please refer to the module (Transforming Adversity) which can be found at [Beyond Timelines](#) Amazon or iTunes, etc

³ The “conscious self” refers to the part of self that is conscious of their own consciousness. That is, “I am aware that there is an awareness around, or inside me”. Around or inside, It is the same thing.

⁴ “Consciousness” refers to an aspect of yourself that is beyond the mind and intuition. Consciousness is one’s awareness extended further.

⁵ When referring to the “subconscious and unconscious”, due to the fine lines of ambiguity surrounding these two as separate, for the ease of understanding we have grouped these into one. That is, “sub-unconscious” and “sub-unconsciously”. In reality, they really mean the same thing.

⁶ “Electromagnetic and electromagnetics” refer to the scientific study of electrical currents and magnetic fields. These fields are found to permeate throughout life. That is the earth, and humans. It is currently being discovered that electromagnetics are behind and control the biology in human life.

⁷ “Energy” is referred to throughout this module is not the energy in from a utility company. What we are referring to is “human energy”, otherwise called prana, chi, qi, vital life, the source of all that is, etc.

⁸ ***** is a real company that for legal reasons must remain nameless

⁹ The "Awareness" referred to in this module, is awareness of one's self. In other words, an individual may be more or less aware of their environment than that of another. However, as there is a great deal of ambiguity differentiating between awareness and consciousness. What is meant here is the awareness of something or other, and not consciousness that creates.

¹⁰ Associated core experiences and associated experiences are real life events and experiences that have gone on to form a perception, which for simplicity have been grouped together as one. i.e. Associated core experience & associated experience meaning the same thing.

¹¹ “Consciously relived” means to live out mentally and emotionally BUT NOT IN REAL PHYSICAL LIFE. It means to touch the energy and feel the emotions, yet one is not required to live out and experience in real life.