

Stress Mastery

Higher Goal Setting Process

WANTS - DESIRE - INTENTION

"A group needs enemies, because without enemies, its identity cannot continue to be defined." - Eckhart Tolle

The Identity and Reality are intertwined and cannot be separated. The Identity held in mind will set our behavior to resist something perceived to be uncomfortable and attach to what it perceives will bring us pleasure. The challenge we as human beings is that we are built in stasis designed not to change our programmed Identity. The Identity held is set in routine and drives 95% of our behavior. We are consistently seeking what we believe will make us happy and avoiding what we believe will be painful. To change this, we must set goals of what we want and develop a plan to attain them. To accomplish this, we must work with the framework of how the human functions and operates.

The challenge that we face in modern times and especially as we go through the Third Wave transition to becoming a Information Society is that our mind has evolved, while our body is still living in the caves that our ancestors dwelled. Our advanced super charged mind must work on the platform of a body still operating as it did hundreds of thousands of years ago. While the body evolution has not followed the mind, the mind-body/body-mind connection cannot be separated as the body supports the mind.

If we want to change we must transform the Identity and let go of the old programming. Stress Mastery Higher Goal Setting Process accomplishes this with three distinct action steps. These are establishing the WANTS, discovering the Spark and Desire, and then setting the Identity in Intention. Before I explain these let us take a look at why most people either fail to set goals or fail to accomplish the goals they do set.

PERCEPTIONAL BLINDNESS AND DEAF EFFECT

Part of the human survival process is tied to how we focus. The Human Construct operates through our senses. Our senses connects to the brain and mind which sets the state of the body which sets our focus. When we are in the state of restriction base energy fear the identity is set in Event- Judgement-Reaction and focus is maintained by the Ego. In this state of focus we get locked into whatever energy is activated and the ego creates thoughts and stories to set the reality. In this state we are in perceptual blindness and deaf effect. This is the personal subjective reality seen through the lens of the programmed identity.

RED ZONE

The famous Dr. Daniel Simons Gorilla Test teaches us that we are wired to focus on one thing and create inattentional blindness to everything else. **We are wired to focus on what we are aiming at any given time.** This aim is set through the Human Construct and our physiology which is determined is by what we are holding in mind. In the video Dr. Simons stated: "In our best-known demonstration, we showed people a video and asked them to count how many times three basketball players wearing white shirts passed a ball. After about 30 seconds, a woman in a gorilla suit sauntered into the scene, faced the camera, thumbed her chest, and walked away. Half the viewers missed her. In fact, some people looked right at the gorilla and did not see it." I get these same results when I show this video before a talk. I get the same question; how did I not see the gorilla moving through the group? The answer is perceptual blindness.

Not being able to see the gorilla has nothing to do with the limitations of our sight; rather, it has everything to do with the limitations of the state we are in. In the Red Zone we are locked in to the past and/or future. Our eyes have a profound effect on our psychological and physiological wellbeing. The high frequency retina of the eye is complicated, taking tens of thousands of cells just to initiate the first part of us seeing. If we did not have the ability to filter out our environment, our brain would implode with too much sensory information. **So, we triage what we see, and we naturally focus on what we deem important at the moment.** Everything else in the line of vision will, simply fade and we are blind to it., *As humans we are aiming at whatever we are holding in mind and are simply blinded and incapable of seeing the world as it truly is.* This is called perceptual blindness also known as

inattentional blindness. **Inattentional blindness** is the failure to notice a fully visible, but unexpected object because attention was engaged on another task, event, or object. We see the world according to our perception and focus of the world. What state we are focused in determines what we actually see.

When we are in a Red Zone negative state this sets our FOCUS in Restriction State and Fear, this will set our perception and dictates our BEHAVIOR in Reaction. **This puts us in the Identity Base of Event-Judgement-Reaction.** In this state the perception stems from our belief systems (Programs) that were set through the Stages of Development. In this Focus we are reacting to the environment and blind to anything outside of our perception and the stories being dictated by the Ego who has conscious mind control. **We have perceptual blindness causing us to perceive whatever the Ego dictates with its stories from our history or a worrisome, imagined future. We also have the "Deaf Effect" when we cannot hear the message coming from another or outside ourselves.**

GREEN ZONE

For early humans, any sort of miscalculation or loss of focus risked a person becoming a tiger's lunch. These days, the consequences of loss of focus are more likely to be stress, a blunder, or missing something that could help us grow while we are stuck in the Red Zone focusing on a problem or failure from the past. We will tend to focus in on our perception of what is being held in mind and the emotions we are feeling in the moment. Consequently, many times we just miss the gorilla sitting directly across from us. This perceptual blindness will cause us to miss details that could benefit us even when they are happening right under our noses.

Through the practices of Stress Mastery, we train ourselves to pause, SLOW-DOWN, creating that Still-Point which allows us to move out of Subjective Reality into Objective Reality. This allows the Human Construct to switch over the state and set the Identity in Event-Awareness-Response. This gives us conscious mind control, we are alert, flexible, willing, and we can see the gorillas and respond accordingly.

MOVING FROM WANT TO BEING

We as human beings are trapped in the Human Constraint of the Cage Mind and are simply blinded by our desires and fears which makes us incapable of seeing the world as it really is. Your eyes are the tools of the body to help you focus and get what you want. The price we pay for this 'survival mechanism' is perceptual blindness to all else. We want to make changes in our lives, but we seem to fall back into the same patterns repeatedly. Higher Goal Setting Process creates clarity of what you truly desire and then sets the intention which drives the Will through the new Identity. The goal setting process along with the steps of Stress Mastery allows complete transformation by moving the individual from WANT into Intention of being.

Let's say you have struggled in the Finance Life Category, and you want more money; your Focus is on the WANT to get more money. In this mindset, your perception of the world is that you are 'broke', don't have enough, lack, money is scarce. Because you are with thoughts of "lack" your perception is telling you that the world is based in lack, thus you will create perceptual blindness to opportunities that could increase or change your financial situation. If you want health, but have thoughts of disease, you will focus on disease and never create health. To get health we must focus on health, and this means every thought must be based in health, using the power of our imagination to change our perception and Identity. **Changing the Identity is the bridge to a new Reality. This is the process of Higher Goal Setting called, 'Identity Based Goals'.**

TO MANIFEST- YOUR IDENTITY MATTERS!

Understanding that our current behaviors are simply a reflection of the current Identity we hold in mind. **The actions you take daily are a mirror image of the type of person you believe that you are (either consciously or subconsciously).** Our behaviors are driven by our beliefs, our beliefs are programs that we carry in the subconscious of the Cage Mind, and it is this programming that sets our identity which is the Ego. The Ego creates stories from the past and the future with the aim to drive you to act according to the identity programmed, belief systems and experiences from the past. If you should act outside that programming, you will get hit with a 'zap' from the comfort zone. The Ego steals your FOCUS and sets your state in Event-Judgement-Reaction streaming you into a negative Red Zone energy. This negative stream locks you in Judgement, to Judge something is to decide against it.

Many of us have a desire to make a change or to grow in a certain area, in our life and we are told to make that change we must set goals. We google, how do I set goals? **The answer, SMART goals. SMART goals are an acronym, Specific, Measurable, Attainable, Relevant and Time-bound goals.** Whether it be losing weight, increasing income, or purchasing our dream car, the experts tell us to set a clear goal that's measurable and timely. It should also be realistic and attainable...and don't forget specific. These rules of goal setting are the gold, standard of teaching goals and they are wrong. Setting goals in this manner does not work within the Function and Operation of the human being.

SMART goals are set on getting Specific on what you want? This seems good, I want to lose weight, more specific I want to lose 20-pounds, this makes the goal Measurable. I believe I can lose 20-pounds; I have done it many times before; this makes it Attainable. Losing the 20-pounds will make me healthier and I will look better which will give me more confidence. If I lose three pounds per week, I will reach my goal in seven weeks. **This looks like a perfect formula but there is only one thing wrong with it, most times it simply doesn't work.**

The facade built around this type of goal setting is that you may lose the 20-pounds, but then what? Studies show 90% of the people will gain the weight back. But who is to blame for this regaining of weight? You may say it is the individual's fault, but in truth it is the GOALS fault. Remember we are set through the Stages of Development to play a role within our tribe. **These settings are what becomes our habits, and these settings (Habits-Programs) are protected and designed never to change.** This Role that has been given you creates your Identity of who you believe you are. You can lose weight but if you believe you are the person 20-pounds heavier, you will become that person. **Simply put you must release the program that drove behavior to gain the extra 20 pounds, you may drop the weight on the scale, but the program will eventually drive your behavior back to what caused the weight gain in the first place.** Your identity sets your life story.

We can force change in our lives for a short period of time but if our Identity is set in a particular Habitual State we will snap back to the reality set. If your Habitual State is in the High Red Zone with Desire as the base energy you will be in WANT. If you WANT more money and actually attain more money you will snap back into the

WANT and either lose the money attained or increase your expenses to make sure you are still in lack. The WANT indicates lack and as long as you hold the Identity with WANT you will create a reality of WANT and Lack.

OUTCOME VS. IDENTITY BASED GOALS

Outcome Based Goals

In today's culture, self-care is typically marketed by some type of quick fix solution. These solutions are built from what is called "**Outcome Based Goals.**" Lose 30-pounds in 30-days by drinking these meal replacements.

Oprah Roller-Coaster

When Oprah Winfrey trained for a marathon while working with Bob Greene, she lost a tremendous amount of weight and looked fantastic. The goal was to run 26.2 miles, and Oprah completed the Marathon in 4 hours 29 minutes, (the average time was 4 hours 44 minutes). Goal accomplished, right? Well yes and no, Oprah trained for the marathon as a means for her to lose weight. The weight was off, and she must have been happy as she had struggled with her weight all the while the public watched. But as time passed, the weight returned, and the search was back on for another weight loss miracle. Why did this happen, especially to a woman in the public eye who had the means to hire an entire staff built around her staying fit? The answer is Oprah never changed on the inside, even though the outside was completely transformed. You can see pictures of Oprah on the red carpet looking fit and happy. **Yet, inside her mind is the Identity of an overweight woman who self-medicates stress and disruption with food. Simply put Oprah did not release the program that drives her behavior to overeat.**

Identity Based Goals

"Identity Based Goals" are set with specific clarity, set with a distinct plan, set with a WHY that creates relevancy, all this is set in the Head-Cage Mind. Then this process is released to the Heart- Creation Mind connecting to our Purpose and embedded into our Imagination. We feel the goal, see the goal, and are in the goal within our mind. The subconscious mind cannot distinguish reality from the imagined picture and

feelings we are creating intentionally. **When we release the goal from the Cage Mind (Head and WANT) to the Creation Mind (Heart and Identity), we become the goal and move, feel, talk, and act as if the goal is already ours to celebrate.** Now when we lose the 20-pounds, we are acting within the self-care regimen of our system and the goal becomes part of our identity, not an outcome to be achieved. Throughout this process we are using the Steps of Stress Mastery. We become aware of the Ego through Naming the Ego-Step Three of SM. This allows us to move out of perceptual blindness. We execute the Let Go Technique-Step Four of SM to release the emotions and energy of the old program. This is done when we feel the need to complain or feel deprived and sorry for ourselves. What we Imagine we Become. We execute our Imagination daily during the Green Focus Power Hour-Step Five of SM.

When I lost 123-pounds it was the third time I would lose 100 plus pounds. But this time I had started bodybuilding with my mentor Dan, and I no longer carried the identity of a fat person as I had in the past attempts in losing weight. Dan taught me how the mind worked and how to visualize the body I was working towards. He taught me to feel it, talk it, walk, it and think as if I had the body that I was training towards. Dan was teaching me Identity Based goal setting decades before it became a thing. Dan understood the Law of Mind.

- **What you think you create.** I thought like a bodybuilder thought. I read books, magazines, and studied the body.
- **What you feel you attract.** I walked like I was this bodybuilder with my head held high, chest puffed up and lats (back) spread out wide. I am sure I looked ridiculous, but I was all-in, and I felt like a bodybuilder.
- **What you imagine you become.** I was a bodybuilder. I dropped the fat guy image and completely created a new identity. This new Identity created a new reality that has stood for over 40-years.

To create change in our lives we must change the behavior and actions we take. Our actions and behavior are dictated by the picture we hold in mind. To change our health, we may have to change the action of our current way of eating and moving this creates a new behavior. To create success, we may have, to change our tendency to put things off or we may have to change the work

we do. To have happy relationships we may have to change the way we interact with people. To have personal growth we may have to change how we start the day, end the day, what we read, how we think. **The bottom-line is, "To change we must change!"** When we set the new Identity change is automatic as we create the new reality.

Behavior is Driven by Programs Held in Mind

Our behavior is driven by our belief, and our belief is set by the programs we hold in mind. Every belief is a program no one is born with beliefs. Our programs that were set for us as children creates our fixed belief systems which sets our behaviors through our routine and habits. What we believe will manifest. If someone gets a medication that they believe will help them feel better, they will feel better even if the medication is only a sugar pill. If you believe life is hard it will be hard, and your reality will be proof of the belief. What you believe in any of the Five Life Categories will be the reality you experience in the category.

Stress Mastery is the practice of developing Awareness. These practices breaks the unconscious habits and programs that drives behavior into actions that don't serve what you truly desire. You may want to lose weight but every time you get stressed out you are grabbing a bag of cookies. You may want to advance your career but every time you have an opportunity you procrastinate on doing what is needed. Why? Because you have beliefs that don't align with what you want. You don't feel worthy of the life you desire so you continually fall into behavior that sabotages your ability to change.

When we use Higher Goal Setting Process to set Identity Based Goals, we must ask the proper questions, such as, "Who do I want to be?" and transition it into "I am..." An Identity Based Goal deals with who I am deep down (which is where real long-term change comes from), and it may look like this: Goal-I want to get off blood pressure medication, "I am the type of person who values their health and makes healthy eating choices." Goal-I want to lose 20-pounds, "I am the type of woman who never misses a workout." Goal-I want to increase my income by 10% this year, "I always work my prioritized tasks first each day." Goal-I want to get out of debt in 2-years, "I am a person who never spends more than I make." This is the process of moving the WANT to the I Am.

THREE STEPS OF SM HIGHER GOAL SETTING PROCESS

The Higher Goal Setting Process creates a blueprint that allows us to move from the Valley and climb the Mountain. The key in setting proper goals is to get clarity of what you truly want. This clarity creates a Spark that is felt deep within. This spark is the Desire that will transform your life. The Three Steps and exercises, techniques used in this process are designed to connect Head-Heart-Hand.

Step One: WANTS- Clarity of the Head

We connect the Head and Cage Mind by releasing the WANTS that are not connected to our Purpose. We also release WANTS connected to mimetic desire and the WANTS of Approval and To Belong. When we strive for these WANTS we will end up disappointed and feeling empty as mimetic desire creates the illusion that getting these WANTS will bring us happiness. Also releasing these lower WANTS prevents us from creating Internal Models that will become rivals locking us in the state of Restriction base energy Fear. Understand it is okay to want success, money, nice physique, connected relationships, possessions, and experiences. The question is why do I want this? How does this serve me? Is this WANT a true Desire?

If you ask most people what they WANT they have trouble answering this simple question. Yet the mind holds many WANTS that are set through our environment on a daily basis. WANT is a wish that only can manifest by accident and in most cases never does. Yet we must release the WANTS from the subconscious mind of the Cage Mind. We must look closely at these WANTS and decide if the particular WANT is a true Desire. When we change our perception from "I want" to "I desire" we move to step two of the Higher Goal Setting Process.

Step Two: Desire- Connection to the Heart

When we move the WANT from the Head-Cage Mind to a Desire in the Heart-Creation Mind we begin to set a method of manifestation. The Desire sets a Spark within that puts us in higher states of energy. In step two we now set a distinct plan and blueprint that will lead us to manifesting the Desire. The process in the Desire step is to get dialed in with an action plan. This plan moves the Desire to a goal set. The goal is then put through a laundering process to ensure that it is the right thing for us to put our energy behind and pursue. This builds the strong WHY.

After we launder the goal which is now set deep into the Creation Mind connected to our Purpose, Values, and personal mission we can now set the Action Plan.

Setting Desire in Plan

Complete the following steps on each of the goals.

1. Take each one-year goal and apply the four questions to each.
 - **What do I need to make this happen? #1 TIME**
 - **Who can help me?**
 - **What correspondence and knowledge will I need?**
 - **What are my obstacles?**
2. Create 5-10 action steps you will need to take for the goal?
3. What can you do in the next 3-months?
4. What can you do in the next 30-Days?
5. What can you do this moment?

Now it is time to put the final touches and move the goal into the new Identity.

Step Three: Intention-Connection to Identity and the Hand

When we move from "I want" to "I desire" to "I am," we begin a process that brings Head-Heart- Hand together and our behavior changes result in new habits (SKILLS). WE take the Desire and Spark and move it into the Imagination of the Creation Mind. This sets the Intention.

Intention is what is behind the Will of Volition. We visualize as having the goal achieved within every cell of our being. Intention and Volition creates commitment. When we move toward anything in commitment of Intention we are moving toward

the goal through the Green Zone Energies. We set the goal in mind at the end which sets the imagination of the goal being achieved. When this is done properly the Identity Based Goal will manifest and the process of how we get there is not up to us. Our job is to hold the goal as part of the Identity completed. How we get there is up to the Universe. We execute action daily in Conflict-Resolution and climb the Mountain toward our Desire. This keeps us in the higher vibration and state of Expansion with base energy Courage.

When we come to a boulder on our path and when our plan meets a Conflict we simply allow the energy of the Green Zone to lead us up the mountain.

200 - Courage - Keeps us alert and focused so we do not get stuck in perceptual blindness.

250 - Neutrality - Allows us to be explorative and flexible

310 - Willingness - Puts us in the Shift State. We are ready to listen (No Deaf effect). We are willing to learn (No Perceptual Blindness). We are able to Do. We act and change our course if needed but we stay true to the Identity and goal as being done.

350 - Acceptance - We surrender to what is and bring the Conflict to a Resolution.

400 - Reason - We embrace life as it is.

The tools used in setting the Intention is Step Five of SM-GFPH, Affirmations, Visualization, Journaling, the ATE-Technique (Allowing Technique for Effective Mind Connection) which sets the mind before sleep. Step Four of SM the Let Go Technique which moves us out of the Valley- Red Zone to the Mountain-Green Zone.

Stress Mastery technique of Higher Goal Setting sets the Head-Heart-Hand. Head is set in clarity of the desire. Heart is set in the Spark of the desire. Hand is set in the Volition of the desire and Integrity of Behavior.