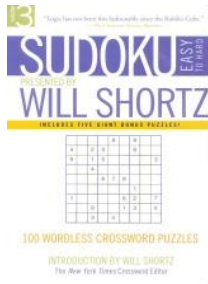




Make the Impossible Possible: Using more of your brain

Discover resources you didn't know you had: Rapidly shift from not-knowing to knowing
As when you do Crossword puzzles or Sudoku



Soon you will know something you don't know yet: It will come to you

I don't know. It just comes to me. It's easy.

Maintain your childlike sense of wonder



Expect a surprise: Harness the Power of Expectancy

- ***The Power of Positive Expectancy***

Nothing is quite as powerful as positive expectancy –whether it comes from a parent, a boss or teacher or yourself.

A parents' gaze of expectancy when their child takes his or her first steps, communicates: *"You're going to make it even though you don't know how . . . you're going to make it."*

Shift from Worry to Wonder: think of worry as a request from the Unconscious mind for a "plan to survive both physical and emotional crises, moving you to develop specific plans and to commit to ensuring inner safety "regardless of what happens." This reduces stress hormones and improves immune system health.

Face life challenges with greater resilience: Hercule Perot: "I let the little grey cells do the work."
Insomnia: 2 children awakened during the London Blitz; Musician blind in one eye; Court reporters

Keep in touch with your Unconscious Genius

Give your brain a blueprint for creative solutions

... soon you will realize that your unconscious mind can start a train of thought, and develop it without your conscious knowledge -- and reach conclusions

let your conscious mind become aware of those conclusions at the right time, coming from the back of your mind to the front of your mind whenever you need it

The seemingly impossible becomes possible when we let go of struggling and allow ourselves to be surprised by the genius of our unconscious mind, saying: It'll be interesting; it'll come to me; I don't know; I'll have to sleep on it.

We all can have that happy experience of something coming to us if we sleep on it, expect a surprise, and go from worry to wonder

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