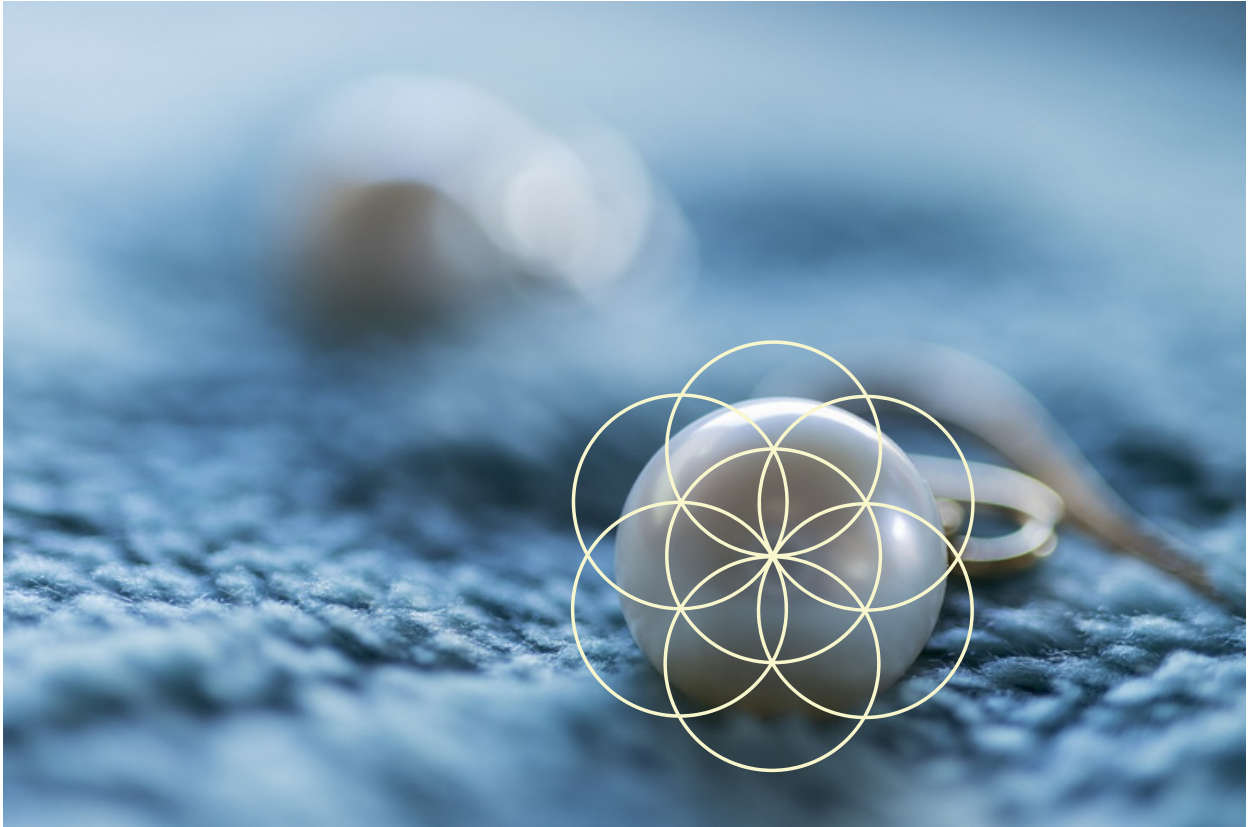


TREASURE



Conscious Language

• Conscious Language Part 1: Theory

Video Transcript

So far in our work together, we've explored the significance of living life as a conscious co-creator of your life. To be conscious is to be aligned with the Divine, because the Universe has a conscious intelligence. When you learnt about sacred geometry and worked with the seed of Life, you were infusing your human consciousness with Divine wisdom from the cosmos. This will enable you to discover and express your unique gifts - your TREASURE.

We then brought things down from abstract to concrete by investigating your mental landscape and the thoughts that are generated by your mind. These thoughts were first seeded, or implanted, during your early years of development, oftentimes unconsciously absorbed by your porous, highly open younger self. We are now bringing them to the light, so that we can consciously choose which belief systems to keep and which to eradicate.

As we get into the process of tilling the soil of our mind - removing unwanted weeds and preparing the ground so that we can plant new, fresh, and empowering seeds -, let's take some time to contemplate what Thought work entails.

You may already be familiar with books like Bruce Lipton's *The Biology of Belief*, or Joe Dispenza's *Evolve Your Brain: The Science of Changing Your Mind*. These books share the idea that our awareness and intention carry enormous power to transform our lives. In other words, there is great potential in the thoughts and

beliefs we form; they have the power to create our reality.

What I'd like to do here is to go one level deeper, especially since we are excavating, so we're doing excavation work here. I want to go one layer beneath the thoughts, beliefs, mental programming, and look at the fundamental building block of them all, and that's language. In doing this, I'll be referring to several key concepts from "Conscious Language: The Logos of Now," a book by Robert Tennyson Steven.

If I had to distil the essence of Conscious Language, it would be that Language gets to be your "Conscious Human Operating system." Let's boil this down to a few key concepts in order to fully understand what this means:

The first fundamental idea is that the Language we use is either conscious or unconscious. The idea here is that we are either aware or unaware of our word choice, from the thoughts we think to ourselves to what we express when we communicate with those around us.

If we're unconscious, we're parroting or regurgitating what we've been taught without clear awareness of what it really means to think or say something, and we're stuck in or trapped by what we've inherited. The problem is that many of these thoughts don't serve us well. So in order to be free, to liberate ourselves, we need to get conscious.

Now, in the previous video teaching on Excavating the Mind, we learnt that the subconscious is the mind of preference, and the conscious mind is the mind of choice. And that even though we're working with our

mind on a conscious level here, and that's what you see above the surface of the water, our subconscious mind is also learning about your preferences. This means that we can consciously direct our subconscious which, like the image suggests, is a powerful storehouse of everything that's under the water level. This makes up nearly 90% of our thoughts, and you'll recall that we're only conscious of 10% of the 60-90,000 thoughts we have a day.

It's important to remember this: most of what we know we don't know we know. It's been said that probably 95% of all cognition, all the thinking that drives our decisions and behaviours, occurs unconsciously. In order to become more conscious, more aware, we can use language to help us.

So what kind of language do we use? We'll get to this in a bit, but first, we need to understand what the subconscious is like so we know how to best use it. In fact, Stage 1, Excavate, is really a deep dive into your subconscious mind because this is where all the good stuff happens. Here's a brief summary of what psychologists have discovered when they dove underwater and explores the subterranean landscape that makes up the subconscious:

The subconscious mind is power without direction; which is to say it is the hidden driver behind most of our decisions and actions. It influences and controls nearly all our behaviours, that's how powerful it is, and you're missing out if you don't make skilful use of it. The subconscious receives direction from the conscious mind - anyone's conscious mind. This means that if you don't direct it, you can be easily manipulated or controlled by someone who is aware of how to do this. A lot of advertisers, politicians as well, use this to their

advantage. So it makes sense that you take charge, that you get in the driver's seat, so that you don't get taken for a ride by another person or institution.

The subconscious plays back what it receives like a computer. This is an interesting one, because it means that your unconscious mind is like a huge memory bank that stores everything. It does not analyse or rationalise, it does not distinguish what's good or bad, what serves you or what doesn't serve you. This means that there is no moral or ethical filter, it simply plays back whatever it receives, and regurgitates information.

And finally, the subconscious always operating and functioning in the background. That is to say it works on autopilot, even when you're asleep.

By now, you're probably getting a sense that with something so powerful, we'd better use it well. Later on, in Stage 2 Elevate, we'll explore how we can tap on the superconscious mind to enhance our relationship with the subconscious. But for now, we're just going to work with our conscious mind, and use language as the bridge to align your conscious with your subconscious mind. We're going to use the 10% we have as leverage to turn our subconscious thoughts and programs to our favour. In order to figure out what language to use, let's look at how the subconscious operates.

So the subconscious is literal. This means that the language we use becomes self fulfilling prophecy. For instance, you may have been taught that when creating affirmations, do not use words that contain negatives, the brain cannot flip things around because it takes in the information literally. And remember, your subconscious does not process or filter, it will take the

meaning literally. So if you tell yourself 'I can't,' your subconscious will keep you in the state where you can't. When you change that and say 'I can' and you mean it, your subconscious will activate your reality to fit this thought.

The subconscious responds to repetition. Advertisers know and use this one well. Even if you don't believe in an idea, when repeated enough times, the subconscious will begin to accept the idea as truth. And this becomes dangerous, it's why brain washing has such negative connotations.

However, if you desire to reprogram yourself and you do so consciously, then repetition is your friend. Most times, a lot of people give up because they don't understand that repetition is bound to work, it just takes time. Imagine, if you approach instilling a new belief with the kind of zeal that advertisers pour into their ads, you'll be able to enjoy tremendous success.

But a key reason why simply repeating affirmations don't work is because the subconscious also responds to feeling. So if you repeat an affirmation such as "I am strong," but you are feeling weak when you say it, there's a cancelling effect that takes place. Because behind that feeling is a thought of "I don't really believe this to be true." So it's helpful to know how to work with this. If "I am strong" feels too out of reach, you can shift the language and use a statement like "I am open to being strong." That is likely to sit better, and if you then say it with openness and a feeling of "Yes, I can accept this," then the chances of reprogramming yourself are much higher.

Then we have the subconscious responds to commands. It attracts experiences to us according to our beliefs. The subconscious mind obeys the commands it receives, so it's crucial to feed it positive thoughts to shape your beliefs and behaviours.

Ok, we've said a lot about the subconscious, so let's move on to the conscious mind, because this is what we are using to shift our thoughts and behaviour. The conscious mind has power of choice. It has free will to direct or be directed. So we can direct the subconscious mind through tools like hypnotherapy or visualisation, and reprogram ourselves. You can instil new, helpful ways of being, and you can do all this through language.

The conscious mind can create unconsciousness. It can reprogram something so it becomes automatic right there into our subconscious mind. The conscious can also suppress into or express from the subconscious at will, so there's a relationship here between the subconscious and conscious.

So it's pretty straightforward from here on. You now know that you can consciously direct your subconscious. Out of all the tools and techniques out there, the simplest, most basic and fundamental one is Language. It's a tool you're already using anyway, so this is just about learning how to use it better.

Everything we've talked about here comes back to the first key concept, that Language is either conscious or unconscious.

Let's now look at the next couple of key concepts in Conscious Language. Much of this you already know, we're just bringing it into laser focus here.

Language defines our reality. Language shapes thought. Thought shapes reality. So language, thought, reality - here we have a description of the relationship between these 3. The language we use contains the building blocks to our reality. And since our consciousness is the doorway to our experience and reality, we are the ones to confirm and give consent to our situations in life by our thoughts and feelings. So the language we use, it's our operating system, it shapes our thought and reality. We do this by our inner speech, what we tell ourselves when we have internal dialogues, and through outer languaging, what we speak, express or communicate to the outside world. So far, so good.

Next, Language is creative. Language is much more than words in a dictionary. Our words have creative power, they are spelling, and spelling is associated with the idea of casting a magical reality with the words we use. For instance, you may have watched a magic performance where a magician would proclaim, 'Abracadabra.' It may sound like gibberish, but this word originates from ancient Aramaic language that was spoken in Mesopotamia. In English, it translates into 'I create as I speak' so no wonder magicians used it.

This idea that there is creative life force in the words we use is an important one to really understand, because most of the time, the words we use are connected to memories, feelings, thoughts, both from our ancestors, our family, as well as from our lived experience. In other words, they echo our existing reality and experience. Just consider this: the words you use are what you currently believe to be true or you would not use them. Most of us have been unaware of what we were actually saying and creating with our

words. We used expressions that our parents and caregivers passed on to us.

However, we can also add new creative words to our consciousness in order to expand your capability to create. You can introduce more empowering vocabulary into your life to help shift your reality and manifest experiences that you desire.

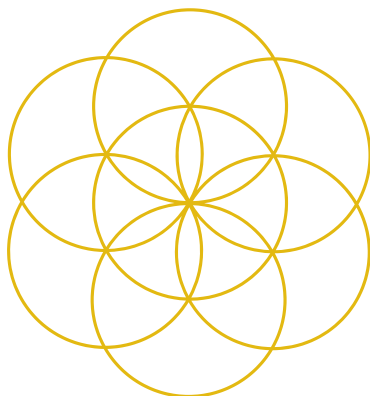
The final teaching I'd like to touch on before we move on to practical application is to share with you the model of Right and Left brain distinctions.

Words, language, tend to be a left brain function. Feeling, on the other hand, tends to be a right brain function. When our language is successful – what we say, think, and decree in words uses both left and right brain. It is a whole brain way of using language, where we make sure that the language we use is aligned to what we feel.

There's a simple formula to this:

WORDS + SPECIFICITY + FEELINGS = MANIFESTATION

When you speak consciously, and are precise and specific in your word choice, and then layer it with aligned feeling, you create, you manifest, your desired reality. Ok, let's now put all of this into practice.



• **Conscious Language Part 2: Practice**

Video Transcript

Awakening to conscious language is really awakening to a Divine way of life.

When you can perceive that language is vibration, that it carries energy, then you'll realise that using language in an intentional and skilful way is really the process of Spirit becoming reality.

So let's now wake up to your own new 'Conscious Human Operating system,' and see how you can bring more awareness to your language and make changes in your words, thoughts, and feelings.

Here, you're going to learn how to hear your internal dialogue and consciously catch and transmute it into your highest choice. The goal is to distinguish and upgrade your self sabotage before it can act.

There are 2 parts to this practice, and I'm going to take you through it step by step.

PART 1: THE PRACTICE OF ATTENTION

When we are conscious about something, we bring our attention to it. Conscious language, therefore, is the practice of attention. So the first step is to simply pay attention. It sounds simple, but it's easier said than done. You do actually have to make a concerted effort to do this.

In this practice of paying attention to your internal state - your inner dialogue, the thoughts you think etc -, you are also adopting a feminine way of being. This

is a way of being that encourages you to experience and embrace periods of seeming inaction, where nothing appears to be happening on the outside, and nothing productive seems to be happening. It's similar to when you start planting a seed, you don't see anything happening on the surface, and it looks as if nothing is taking place. In this state of slowness, you may experience boredom if you don't know what you can be paying attention to. That's why this is a simple but at the same time, very hard exercise. So let's be clear about what it is that you'll be paying attention to.

Now, as you go about your day, running errands and completing tasks, simply bring the observer part of yourself, the witnessing self that you cultivated in the armchair or sushi or train exercise into your awareness. Whereas before you were observing your thoughts in stillness and silence, you're now going to do so in movement, where there are things happening around you. So in real time, you're going to bring your witness self online. This gives you immediate feedback on the thoughts that automatically get activated when you're in the midst of living your life.

Now, at this point, if you haven't at least practiced the armchair exercise a couple of times, I invite you to start with that first. These practices build upon each other, and they go from basic to advanced, so I encourage you to spend adequate time on each, familiarise yourself with the practice, and also know that you can play around, you can come back to these foundational exercises again and again.

Now, when you catch your internal dialogue, it's going to become clear what your unique flavour of self sabotage is. This is where you get to observe your current belief systems and what you have made up about life, say when it comes to receiving, learning, relationships, success, money etc.

Here are some examples: 'Life is hard.' 'Life is easy.' 'Money is elusive.' 'Relationships are difficult.' 'I am not good enough.' 'I have to do it all myself.' For me, a common thought or belief that pops up is "This is too hard."

Your everyday language will reveal exactly what you are agreeing with and therefore creating. You're starting to become aware of the negative programming in your head. You are excavating it all here. Now remember, if your subconscious mind accepts these as true, then it will meet these expectations. I'll find that tasks and things really somehow become harder because that's the information I've been feeding my mind.

Now, what commonly happens at this stage is that we start getting really critical when we observe our thoughts. A trigger thought like "This is too hard" can result in a cascade of judgmental thoughts like "Geez, no wonder life is hard, it's because you're thinking terrible thoughts," or "Hurry up and change this already!" At some point, you can probably laugh about this, but I also want to acknowledge how incredibly frustrating it can be, especially when you're just starting out.

A helpful tip is to make it fun so it becomes more easeful. Enter into this upgrade process like it is a game. It can be frustrating and challenging because habitual thoughts and words are tough to shift. We are

dealing with huge emotional patterns that most of us grew up with.

Another useful reminder is to simply recognise that our language patterns are neither good nor bad, they just are and we can evaluate if they serve us.

Remember that for thousands of years, human beings have been using a fairly clunky system of communication, where the words we use tend to be vague and mechanical. The beautiful realisation you are making here is that you get to make a new choice. Any patterns you discover are upgradeable.

As you get more into it, you'll find that this in itself is a wonderful practice because you're becoming more aware of your inner environment. By listening to your inner dialogue, you will no longer remain stuck in these automatic, repetitive loops. Instead, you will awaken to your capabilities, your inner strengths and genius. Your mindset will become a great asset, a true treasure for you.

PART 2: THE PRACTICE OF CREATIVE SHIFTS

The second part of this practice is to see how you can start to bring small, subtle yet powerful shifts to the way you talk to yourself. Now that you are aware of your thoughts and beliefs, especially the negative programming, you can begin to use language to change them.

Remember, the words you speak are the literal commands to consciousness itself. Because you create through the words that carry your deepest beliefs, your language holds the power to tear down or build up, to destroy or create.

So now that you've recognised your negatively framed thoughts, you can now creatively revise them in such a way that your consciousness will align with the positively framed version of the same thoughts.

This exercise has 2 parts:

1 is reframing, where you notice the negative thought, and create a positive spin on the same issue.

The 2nd is visualising, once you come up with a positive version of the thought, see what pictures you can add in your mind. As you create these images or pictures, this will generate positive feelings. So what you're really doing here is you're aligning your new thought with feeling. This is the whole brain way of using Conscious Language.

Before we begin, make sure that you have at least 3-5 thoughts that you've observed yourself making. You'll be working with them in this exercise, so pause this video if you need to in order to have them ready.

Here are some concrete examples of reframing:
The negative thought is "I really hope I don't get sick."
We can reframe this into something positive for the subconscious mind to take in: "I'm glad I'm healthy."

With the negative thought, "I don't want to get into another fight/argument about this with my partner," we can reframe this to "I can talk about this in a way that helps move the situation towards a healthier resolution."

Another example: "I can't lose weight. It's too hard." We can reframe this negative thought into a positive one, such as "Losing weight is difficult. If I put my mind to it, I can learn how to do it better and eventually arrive at where I want to be."

And here's a final example, this is one I've struggled with in the past: "I'm not smart enough, I'll never figure it out." We can reframe this into something along the lines of "There's something here that I'm not understanding. I can identify what that is, find out what's missing in my knowledge, and either learn something new or ask someone to help me solve this problem."

Give it a go now and write down at least 3-5 thoughts/beliefs that you would like to practice reframing. Pause this video, then come back to it when you're done.

Now, after reframing, you then visualise and generate feelings.

For e.g, if you tell yourself, "I'm glad I'm healthy," visualise yourself smiling, full of vital life force energy, and feeling good, feeling vibrant in your body.

And if you say something like "If I put my mind to it, I can learn how to do it better and eventually arrive at where I want to be," remember a couple of things you've done before that came out well, despite how challenging they were. See yourself moving through your problem, recall how you made it through, and see yourself celebrating when you got to the other side of the challenge.

And if you say something like "If I put my mind to it, I can learn how to do it better and eventually arrive at where I want to be," remember a couple of things you've done before that came out well, despite how challenging they were. See yourself moving through your problem, recall how you made it through, and see yourself celebrating when you got to the other side of the challenge.

Try it out for yourself now. You can set a timer for 3-5 minutes and just practice this visualisation technique so you can experience it for yourself.

CONCLUSION

To conclude, let me reinforce the key idea here that our language expands with our consciousness, and vice versa. As your consciousness expands, you'll find that the language you use will also start to shift. It's said that our words hold the key to our new Heaven on Earth, so let's start by discovering how to upgrade every aspect of your life from the inside out.

By focusing on positive, helpful, supportive, healing word choice - this is where you are planting new, affirming seeds that will flower and fruit. This is the process of rewriting scripts, instead of accepting those that were handed down to you from family, culture, or society.

And remember, as the conscious co-creator of your life, you have choice. By making a new conscious choice, you can begin the upgrade of conscious language. You can powerfully change your life situation by changing your language.