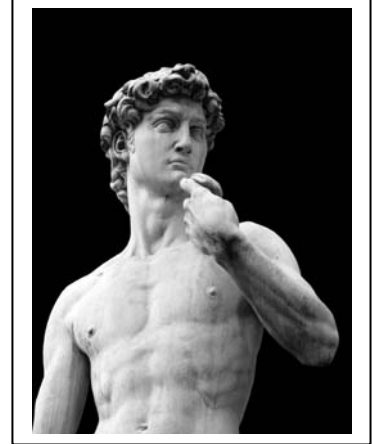


“MIND VERSUS BODY!”
The real battle of the Super Powers!



You have a goal. But you can only use your mind or your body to achieve the goal. So which would you put your money on? Which do you believe would help you to reach your goal? Perhaps more importantly, which do you believe would be your greatest ally to win the battle? Your mind or your body?

Whether you are a professional athlete or just enjoy physical activity for its health benefits, there are a plethora of methods we can use to make our bodies stronger, faster, fitter, bigger, tougher, etc. So what if we could train our minds to match the strength and power of our bodies??

What if I told you about an area of the brain that can be trained? This area is known as our reticular activating system (RAS). It is believed to be the centre of arousal and motivation in mammals.

Anthony Robbins, well known author, speaker and self-help guru, gives his explanation of our RAS in his 1991 classic book *Awaken the Giant Within*:

"This shift in mental posture aligns you more precisely with your goals. Once you decide that something is a priority, you give it tremendous emotional intensity, and by continually focusing on it, any resource that supports its attainment will eventually become clear." (p. 288)

Simply put, the RAS works because when we focus on a question or problem our mind becomes engaged to find the solution.

Genius! So why aren't we out there kicking butt and achieving our goals? Well, some of you probably are. But for some of us, our RAS may appear to be malfunctioning. Our RAS acts as a filter between our conscious mind and our subconscious mind. It takes its orders from you conscious mind and passes them to your subconscious mind.

For example, your conscious mind might send the order that you are a bad driver, simply as the result of a joke ushered by a well-meaning friend. So as you move through your day, your subconscious mind is on alert for evidence to present to your conscious mind that you are indeed a bad driver. "I forgot to indicate, see, I am a bad driver"; "It just took me 5 attempts to reverse park, see, I am a bad driver"; "I didn't see that stop sign, see, I am a bad driver."

With your RAS working away diligently for you, I would suggest that within a very short time, you will struggle to find an insurance company who will represent you!

One of the best examples I can give you of how our RAS is functioning 24/7 is when we buy a car. Sure, we know what we want and set off to test drive it. But it's not until after the deal is done and you're driving home in your new car that you begin to notice that make and model everywhere. So why is it you didn't notice them before? Perhaps because your conscious mind has now passed the information as relevant to your subconscious mind....

So how can we use this as a training tool for our minds? Well, rather than rely on just your physical strength to get you to the finish line, the strategies below, when practiced, will deliberately program your RAS to search for the evidence it needs to believe, to reach the goal you have set. It will begin to show you opportunities that may previously have passed unnoticed.

- Talk about your goals in the past tense, as if they have already happened. Eg I have crossed the finish line in my first full marathon.
- Visualise the outcome in a positive way. In your minds eye, see yourself crossing the finish line. Hear the cheers from the crowd, feel the jubilation inside you, see your loved ones embracing you.
- Write it down. Journal your success. Put on paper your excitement at achieving your goals.
- Record your own voice verbalising your goals in a positive tense. Play this in the car, on your MP3, any chance you can - listen to the power of your own words.
- Daydream often. Upon waking, before falling asleep, every quiet moment you can to see your goals achieved.

One of the truly great things about our RAS is that it cannot distinguish the difference between reality and fantasy. This means that positive self talk and visualisation are powerful strategies to use to strengthen our minds. By just taking a few seconds everyday to see and hear yourself describing your goal achievement will have your RAS working to find course-corrections to any obstacles.

Dr Maxwell Maltz, who by the way was not a psychologist by training but was a medical doctor and plastic surgeon, wrote the classic 1960 self-help book *Psycho-Cybernetics* (Prentice Hall, 1960). In this book Dr Maltz refers to the idea of the human brain as an automatic guidance system. This human “servomechanism” can be either a success mechanism or a failure mechanism. Dr Maltz is essentially describing in his theories (that formulated during the 1930s and 1940s) the basis of our RAS.

The power to use your own imagination to create the best possible version of yourself is within us all. It’s simply a matter of “out with the old and in with the new”. Remember your present self-image is not based on reality but what you imagine to be reality. If you are told often enough that you are a certain way, then that is what your self-image reality will become. However, this image can be changed by you at any time. Acting as if you are already a success and your goals have been achieved will simultaneously plant the notion in your RAS that this is your current reality and guess what, so it shall be.....

So what is holding you back? What is stopping you from achieving your goals? Do you recognise the ‘road blocks’? Perhaps you are responsible for the obstacles that keep blocking your path?

Bio

Jen Forster is the founder of Goal Power Mind and Body Coaching. As a Life Coach and Qualified Fitness Professional, Jen’s focus is developing minds so that the impossible becomes possible.

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1ST OPEN FIGURE INBA BRISBANE – MAY 2009
2ND OPEN FIGURE ANB GOLD COAST – MAY 2009
AUSTRALIAN TEAM MEMBER, INBA NATURAL OLYMPIA OCT 0
4TH OPEN FIGURE IFBB QUEENSLAND – OCT 09
4TH KING OF THE MOUNTAIN, POMONA 2007, 2008
CERTIFICATE III AND IV – FITNESS
LIFE COACH ACCREDITATION – IN PROGRESS

