

**3 SECRETS  
TO UNLOCK THE**

**FULL POWER**

**OF YOUR**

**MIND**



# **SECRET** 1 **EXPAND YOUR FOCUS & SELF-AWARENESS TO CREATE ENERGY**

Our brains sometimes fall into, as Dr. Joe Dispenza calls it, “lightning-storm mode.”

This is when we’re stressed out, we’re feeling overwhelmed, and our attention is bouncing around between ourselves, our surroundings, and our circumstances. Our thoughts become agitated: *Did I do this right? Am I making mistakes? What do people think of me? What should I be doing right now? Am I in the wrong environment?*

When we’re constantly thinking about how things can go wrong, our minds and bodies have no choice but to panic. But when we’re in this state of “fight-or-flight,” feeding off the hormones of stress, we cannot live our lives to the fullest potential.

“Fight-or-flight” should be saved for actual survival scenarios. Otherwise, it holds us back.

The trick to break free from “fight-or-flight” is **focus and awareness**.

Take your focus away from your body and the stresses it endures... the people around you... and the lightning-storm brewing inside your head.

Fall into a state of **pure consciousness** — where you are physically doing as *little* as possible, but are aware of as *much* as possible about the current state of your mind and body. Expand your focus from the day-to-day stress to a state of peace, where you can let go of judgement, resentment, and fear, allow your heart and brain to work in unison, and start to truly love life.

## **Three Shifts You Can Make To Expand Your Focus and Cultivate Consciousness**

1. Work on getting rid of **EGO**. Try to let go of the labels and identities you impose on yourself. Aim to stop worrying about what other people might think about you.
2. Be **proactive**, not reactive. Take initiative and be a creator of change in your life.
3. Embrace **heightened emotion**. Activate your heart, rather than numbing it.

# **SECRET** **2** **SYNCHRONIZE YOUR THOUGHTS WITH FEELINGS FOR SUCCESS**

Dr. Joe Dispenza talks a lot about *creating*. Live in creation instead of survival, he says.

But he doesn't mean creating things out of physical matter. He means creating changes in the energy around you.

Your thoughts produce electrical charges, and your feelings create magnetic charges. Together, thoughts and feelings create a field of energy. **Change this field, and you'll change your life.**

According to Dr. Joe, 95% of who we are is made up of "subconscious programs." These are mental processes that affect how we think, how we feel, and how we act.

Some of these programs need to be reframed. Childhood traumas, grudges, fear of failure... these mental processes need to be changed for the sake of our well-being.

But for the programs that aren't directly harmful — beliefs, world-views, passions, inclinations — we need to pull them out of the subconscious and learn to understand them. We need to identify what these programs are and how they affect us.

## **Your Key For Synchronizing Thoughts With Feelings Is...**

### Meditation!

The act of meditation is how we can become familiar with consciousness.

It's how we can put thoughts to our feelings, figuring out the root causes of our current emotional state. It's how we can get rid of the ego and let go of day-to-day stresses.

And meditation is how we can change the "subconscious programs" that are fundamental to who we are, and create the future we desire for ourselves.

Meditation isn't easy. It will take time to build a meditation practice — while five minutes (or even one minute) is a good start, you'll want to gradually build up to longer sessions.

Coming to terms with our inner processes... trying to let go of our expectations, egos, and attachments... it can all be somewhat uncomfortable, too.

But I know that won't stop you from giving meditation a try.

# SECRET 3

# PRACTICE DAILY HABITS THAT MATCH YOUR INTENTIONS FOR SUCCESS

In times of stress and anxiety, here's Dr. Joe's game plan for you to become more peaceful, loving, and successful:

## **STEP 1 - Become aware of who you are.**

This is where your meditation and consciousness comes in.

You need to consistently ground yourself in awareness of your thoughts, actions, feelings, expressions, and body. Become familiar with your mental processes — you don't want to be a stranger to a key part of who you are.

## **STEP 2 - Learn and grow.**

Bring knowledge, experiences, wisdom, and new philosophies into your life. Learn them with your head, apply them with your body, and know them in your heart.

Learning creates a profound effect — the notion of your brain changing. Whenever you develop a new skill, pick up a new habit, or shift your mindset, the circuits in your brain get enriched, and they shift.

Realize and utilize the ability to change your brain, and you'll start navigating out of "fight-or-flight." You'll feel unlimited — more whole, because your mind and body will be adapting, rather than wilting due to everyday stress.

And when you learn new things, you develop self-belief. You grow an immunity to the circumstances around you, because you know who you are and what you can do.

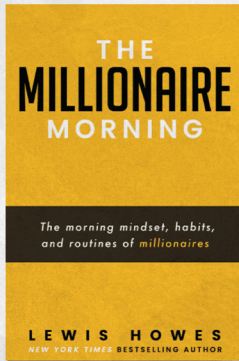
**Every day, seek to live into consciousness and learn something new!**

**Listen to the Joe Dispenza episodes in full:**

- *The School of Greatness* ep#933: [How To Hack Your Mind \(And Heart\) to Change Your Life](#)
- *The School of Greatness* ep#826: [Heal The Body And Transform The Mind](#)
- *The School of Greatness* ep#679: [Heal Your Body With Your Mind](#)

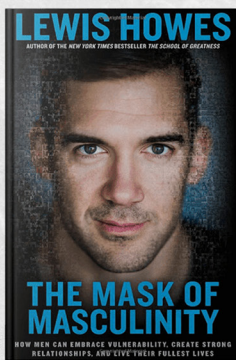


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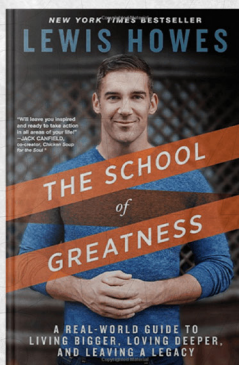
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