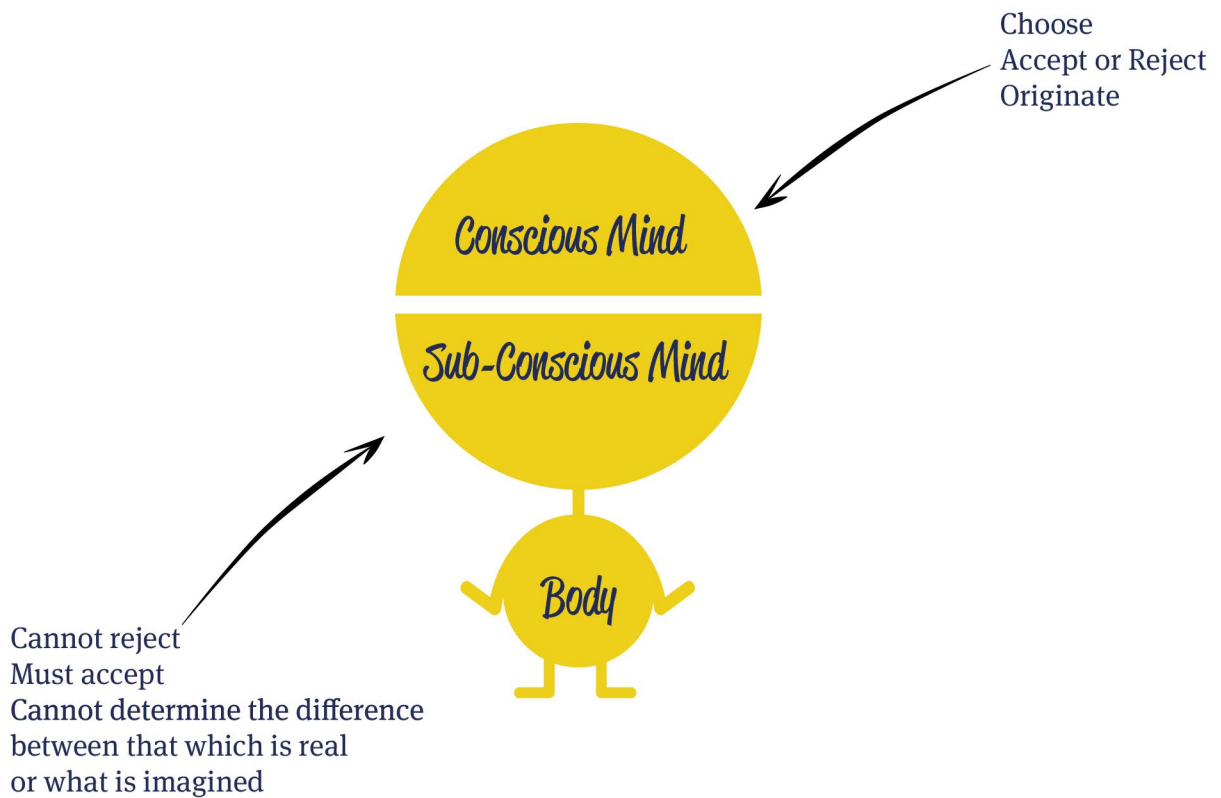
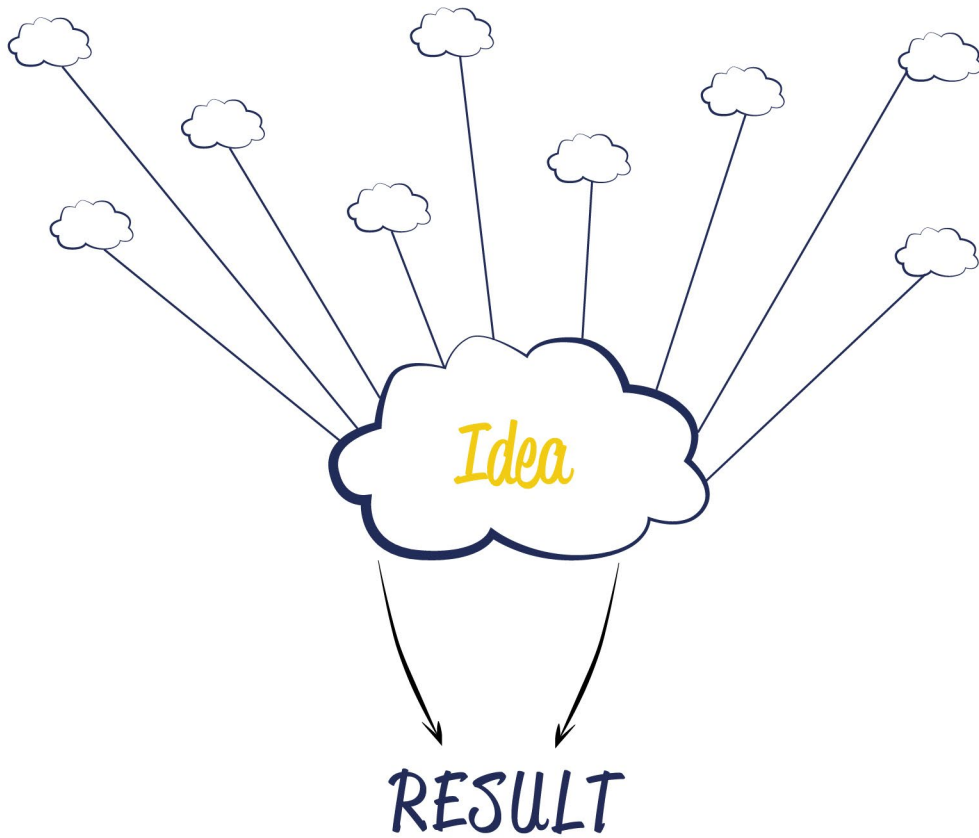




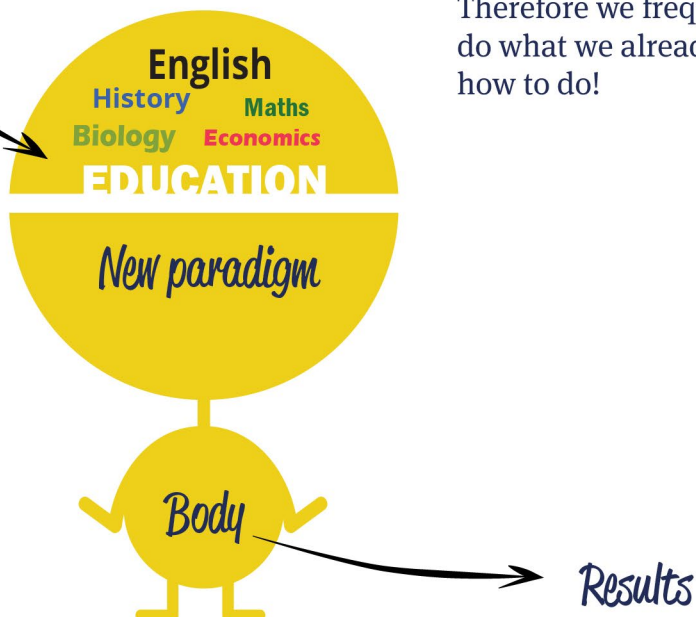
Regent Accelerated Management Program (RAMP)

13 DECEMBER 2021

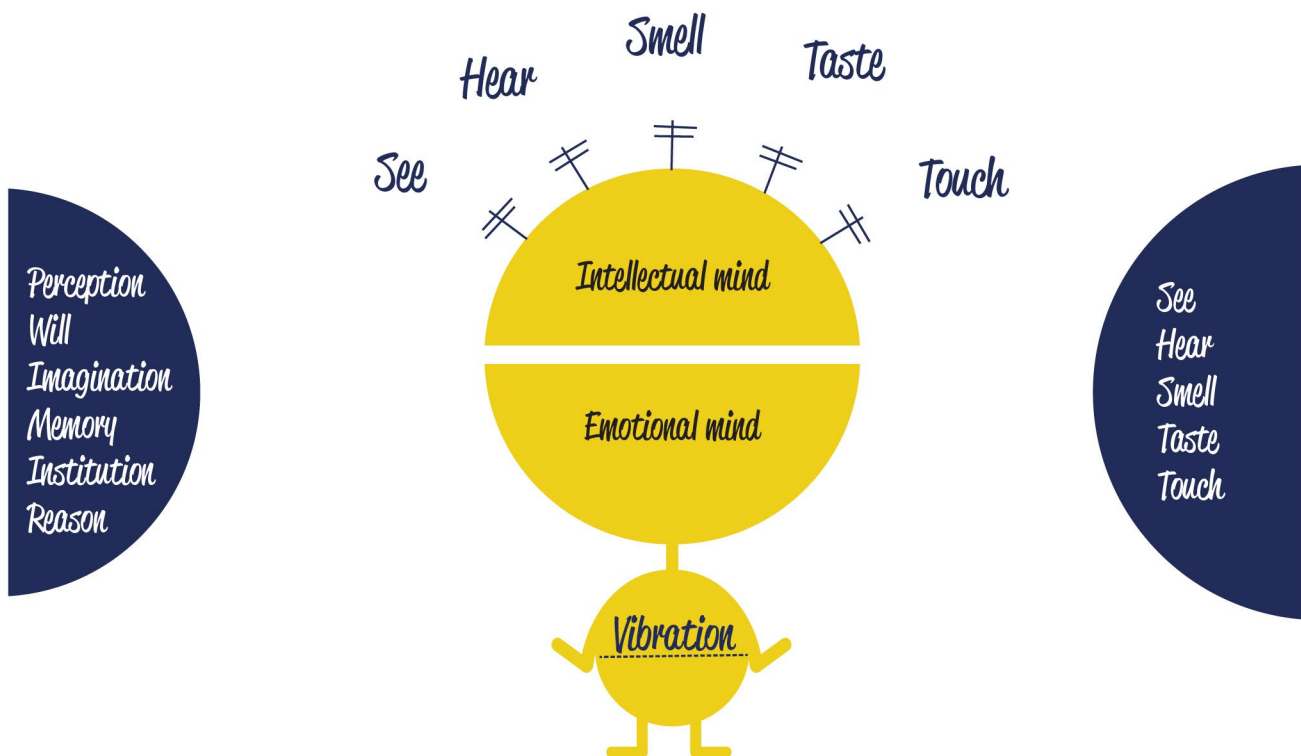


School gave us valuable knowledge.
However, SCHOOL never taught us
how to alter our old
PARADIGMS

Therefore we frequently do not
do what we already know
how to do!



**Superior Knowledge-Inferior Results
Causes confusion & frustration**



Interoception is the perception of sensations from inside the body and includes the perception of physical sensations related to internal organ function such as heart beat, respiration, satiety, as well as the autonomic nervous system activity related to emotions (Vaitl, 1996; Cameron, 2001; Craig, 2002; Barrett et al. ...28 May 2018)

What are Interoceptive signals?

Interoceptive signals are projected to the brain via a diversity of neural pathways, in particular from the lamina I of the spinal cord along the spinothalamic pathway and through the projections of the solitary nucleus, that allow for the sensory processing and prediction of internal bodily states.

Interoception and Emotions

For example, you walk out from a store and notice that someone has put a dent in your car and there is no note. You may feel your muscles tighten, your fists and teeth clench, your heart beat quicken, and your face get warmer. These are sensations that you recognize as feeling angry.

Proprioception otherwise known as kinaesthesia, is your body's ability to sense movement, action, and location. It's present in every muscle movement you have. Without proprioception, you wouldn't be able to move without thinking about your next step.

Examples of proprioception include being able to walk or kick without looking at your feet or being able touch your nose with



Proprioception (or kinaesthesia) is the sense through which we perceive the position and movement of our body, including our sense of equilibrium and balance, senses that depend on the notion of force (Jones, 2000).

Paradigm Shift

Ignorance

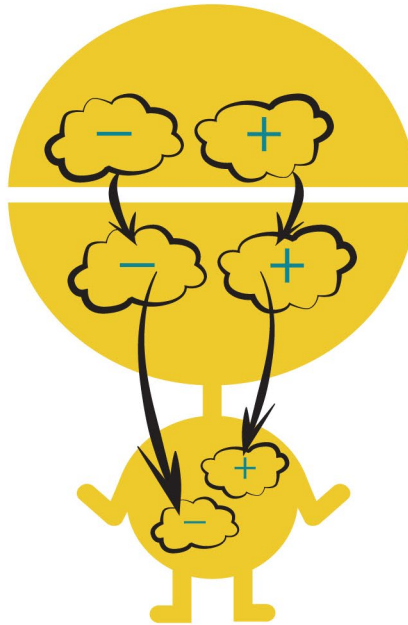
—

WORRY/DOUBT

FEAR

ANXIETY
SUPPRESSED
DEPRESSION
DIS-EASE

Disintegration



Knowledge

+

STUDY
UNDERSTANDING

FAITH

WELL-BEING
EXPRESSION
ACCELERATION
AT-EASE

Creation

C. Conflict

The third step in the psychological process of experiencing growth is 'Conflict'. As stated before, the thoughts and ideas a person is emotionally involved with control the vibration they are in. Vibration on a conscious level is referred to as 'feeling', and although the results they are getting are what they do not want, they feel comfortable in the vibration they are in because they have been living with it every day, probably most of their life.

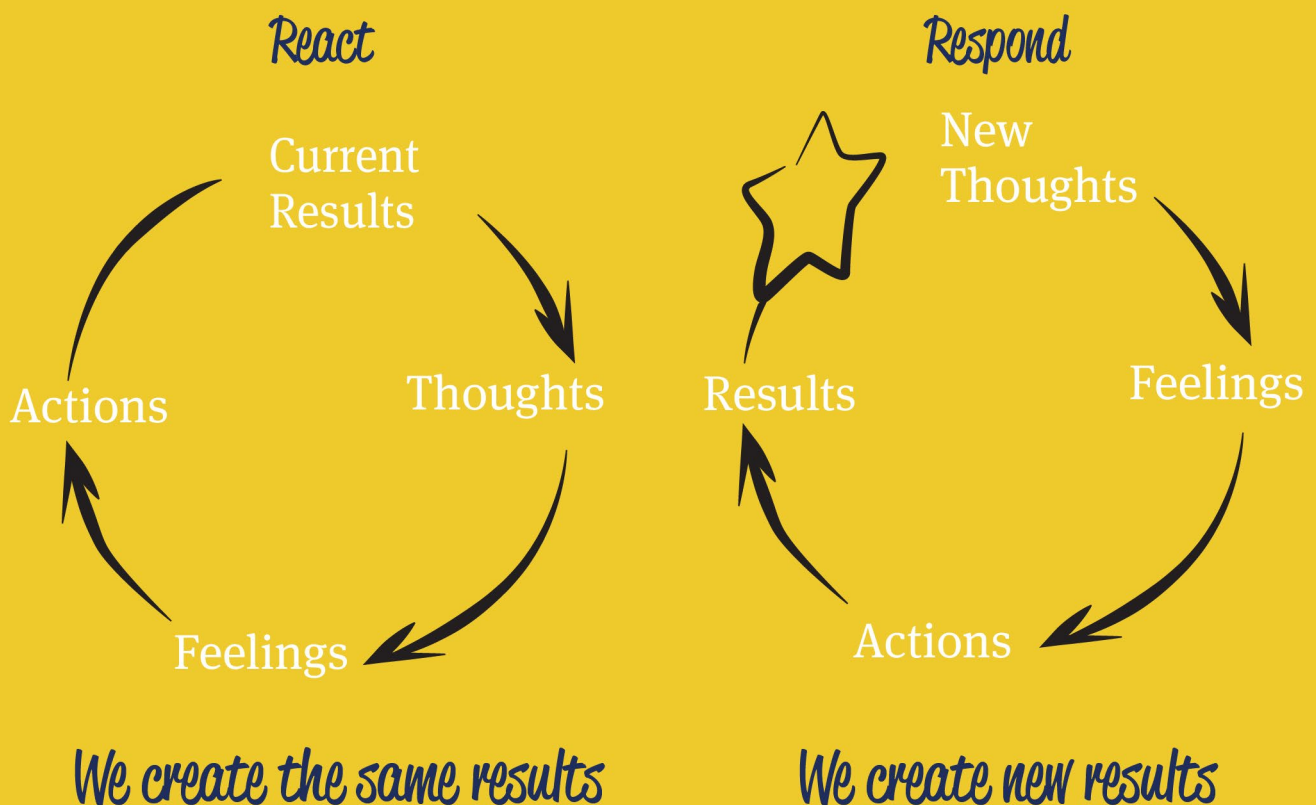
In the diagram the individual becomes emotionally involved with the new 'Y idea'. To become emotionally involved with the new 'Y idea' the individual must ask two questions: 1. Am I able to do this? And 2. Am I willing to do this? Willing to do whatever it takes. The answer is Yes.

This is the moment that the 'Y-Type' idea is impressed upon the 'X-Type' conditioning. The electrical system in the individual's body then goes haywire and they are in an 'XY vibration'. The 'Y' idea represents the new positive idea that the person wishes to implement. The 'X' represents their limiting conditioning. Worry, fear and anxiety will strike. The worry on a conscious level, the fear on a subconscious level, the anxiety on a physical level. All three hit so fast and with such impact the result is the individual's mind is in a terrible state.

"What we fear doing most is usually what we most need to do."

Ralph Waldo Emerson

- When you look at your results and let the results register in your mind, the results cause you to think. The thinking produces the feeling, the feeling causes the action and the action produces the result — the same result. This is precisely why the majority of our population keep getting the same results, year after year. It's called "struggle".
- Immediately stop permitting the outside world to control your mind. Objectively observe what is going on in your outside world. Do not be a part of it. Look at your results as a stranger might. Say, "Hmm, I don't think that's what I want." and then begin to think of what you do want.
- Think thoughts that will create the idea of what you want. The thoughts cause the feelings, the feelings cause the actions and the action produces a new result. At that point, you consciously observe the new result; you mentally adapt to the new results and immediately begin to think the thoughts that create the idea of how to improve upon it.
- Remember, it starts with the thought. The thought causes the feeling, the feeling causes the action, the action causes the result. Take a look at the result, adapt, and start a new train of thought. You stay in charge of you. Do not let the outside world control you. You control the outside world.





Great Grandfathers & Grandmothers



Great Grandfathers & Grandmothers



Grandfather & Grandmother



Father

Mother



Grandfather & Grandmother

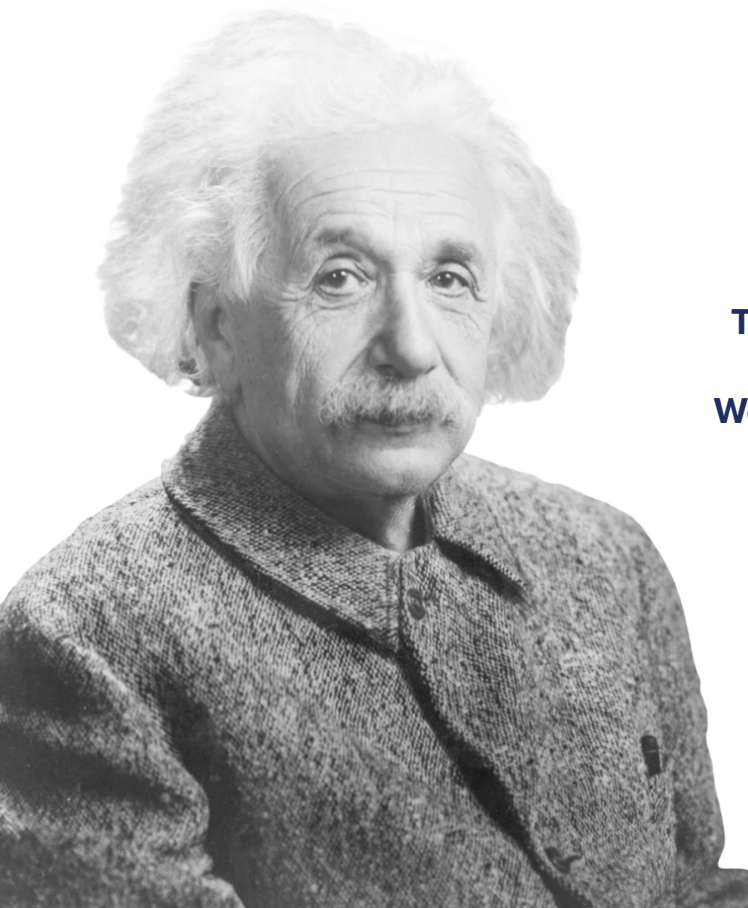
Today we understand half of your DNA comes from your mother and half from your father.

SUB-CONSCIOUS MIND



Conditioning

PERCEPTION MEMORY IMAGINATION REASON INTUITION WILL



“

The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift.

”

Albert Einstein

Elizabeth Blackburn discovered that telomeres have a particular DNA. In 1982, together with Jack Szostak, she further proved that this DNA prevents chromosomes from being broken down. Elizabeth Blackburn and Carol Greider discovered the enzyme telomerase, which produces the telomeres' DNA, in 1984.

She and biologist Jack Szostak suspected that the cause was an enzyme. They were right: in 1984, with her student Carol Greider, Blackburn discovered telomerase, an enzyme that lengthens each strand of DNA before the copying stage, compensating for the shortening during cell division.

Healthy living can reverse the tell tale signs of ageing in your cells. The finding relates to telomeres, the caps that protect the tips of chromosomes when cells divide. ... Now there is evidence that telomeres can regrow if people switch to, and maintain, a healthy lifestyle. And Positive Mental Attitude.

Too much telomerase can help confer immortality onto cancer cells and actually increase the likelihood of cancer, whereas too little telomerase can also increase cancer by depleting the healthy regenerative potential of the body.

What is this all for Ed. TIC and how does it relate?



THE LAW OF SUCCESS: SELF CONFIDENCE Success Formula



1. I know that I have the ability to achieve the object of my definite purpose, therefore I demand of myself persistent, aggressive and continuous action toward its attainment.
 2. I realize that the dominating thoughts of my mind eventually reproduce themselves in outward, bodily action, and gradually transform themselves into physical reality, therefore I will concentrate my mind for thirty minutes daily upon the task of thinking of the person I intend to be, by creating a mental picture of this person and then transforming that picture into reality through practical service.
 3. I know that through the principle of auto-suggestion, any desire that I persistently hold in my mind will eventually seek expression through some practical means of realizing it.
 4. I have clearly mapped out and written down a description of my definite purpose in life, for the coming five years. I have set a price on my services for each of these five years; a price that I intend to earn and receive, through strict application of the principle of efficient, satisfactory service which I will render in advance.
 5. I fully realize that no wealth or position can long endure unless built upon truth and justice, therefore I will engage in no transaction which does not benefit all whom it affects. I will succeed by attracting to me the forces I wish to use, and the co-operation of other people. I will induce others to serve me because I will first serve them. I will eliminate hatred, envy, jealousy, selfishness and cynicism by developing love for all humanity, because I know that a negative attitude toward others can never bring me success. I will cause others to believe in me because I will believe in them and in myself.
- I will sign my name to this formula, commit it to memory and repeat it aloud once a day with full faith that it will gradually influence my entire life so that I will become a successful and happy worker in my chosen field of endeavor.
-
- Signature**

REGENT Revenue Recognition Formula (RRRF)

1. The revenue we create is always in direct ratio to the DEMAND for what we do?

2. Our Ability to do it?

3. And the Difficulty of replacing us?

- Earning of REVENUE is an exact Science
- Laws of Nature - Yes Ed. TiC
- Action leads to Reaction



TODAY'S GREATEST ADVENTURE

You've heard the definition of success as the progressive REALIZATION OF A WORTHY

GOAL. The purpose of this message is to tell you of a wonderful way to keep realizing—to keep ACHIEVING YOUR GOALS, one after another, in the years ahead.

A goal sometimes seems so far off, and our progress often appears to be so painfully slow, that we have a tendency to lose heart. It sometimes seems we'll never make the grade. And we come close to falling back into old habits which, while they may be comfortable now, lead to nowhere. Now, there's a way to beat this. It's been used successfully by many of the world's most successful people, and it's been advocated by many of the greatest thinkers.

This is the lesson where we really determine whether we have merely

we were given 2000 years ago, "By their fruits you will know them." Just as you can tell the quality of a tree, by the fruit it bears, so too can you tell a person's level of understanding by the results they achieve. Keep in mind, our paradigm has us accepting the concept that if we can remember and repeat information, we have learned it. Regardless of how often we've heard it or how many people believe it, that is definitely not learning, it is merely gathering information. This is precisely why so many people continually get the same results. They buy and read the books, attend the seminars, and nothing happens. Their frustration is heightened.

LEARNING IS WHEN ...

- we consciously entertain an idea
- we emotionalize the idea
- we act on the idea
- and, we observe a change in results.

Learning is not difficult. It's altering the old paradigm where the difficulty comes in. Earl Nightingale just mentioned that he was going to give us an idea that has successfully been used by many of the world's most successful people and it's been advocated by many of the greatest thinkers. I can tell you, from personal experience, that it's an idea that I have used which has been worth an absolute fortune to me and will be to you when you act on it. However, you must remember that your old paradigm will put up a royal battle in an attempt to stop you from acting on a new idea.

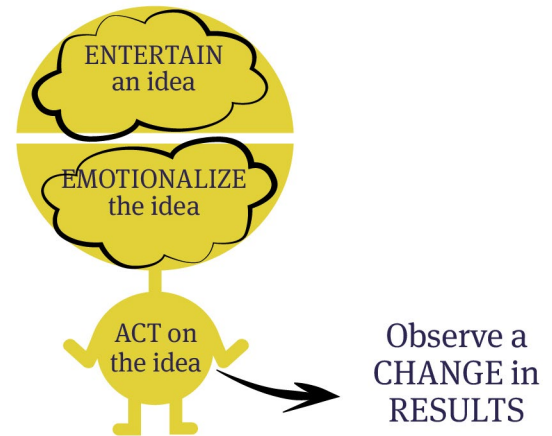
We've brought to your attention, time and time again in this program, that to act on a new idea, calls for you to break an old habit. The old habit is part of the paradigm and does not want to let go. This is where study pays off. It gives you understanding. And, as we begin to act on the new idea, we want to understand that the difficulty we are encountering is caused by the opposition that's created because of these two ideas—they are polar opposites. It is absolutely essential that we mentally marry our new idea that is going to improve the results we're getting with the goal that it will lead us to.

The moment we lose sight of the goal, the old habit gains control. It would be worth listening to this lesson one hundred times to make certain that we clearly understand the laws that govern growth. All great educators have always known that repetition is one of the first laws of learning. Now, let's return to Earl Nightingale's words and the idea he promised would change our life.

It's to live successfully, ONE DAY AT A TIME!

A lifetime is comprised of days, strung together into weeks, months, and years. Well, let's reduce it to its lowest common denominator—a single DAY, and then still further, to each TASK of that day.

Look at it this way: a successful life is nothing more than a lot of successful days put together. It's going to take so many days to reach your goal. If this goal is to be reached in a minimum of time, every day must count.



**“No one manages time.
Time cannot be managed.
We can manage activities.”**

Earl Nightingale

