

# Thinking

INTO CHARACTER

## LESSON FOUR

FOUR



## THE STICK PERSON Unlocking the Secret

**“Until you make the unconscious conscious,  
It will direct your life and you will call it fate.”**

**Carl Jung**

A part of



## 1. OVERVIEW

## NOTES

FOUR



Think of your favourite band or artist. Really think about them. Be aware that a picture, an image of them is on the screen of your mind. Now quickly think of the front door of your home. Be aware that you have an image of the front door on your mind. Think of a friend you haven't seen for sometime. They too will appear on the screen of your mind. Think of a bright blue sea or the sun or a rainbow - see how fast you can switch from one image to the next.

Now think of your mind. If you are like most people, an image of the brain has appeared on the screen of your mind. Clearly understand your brain is not your mind any more than your fingernail or your elbow is. Your brain is part of the body.



As magnificent as the brain is, it is actually an electronic switching station and is still part of the body. Your body is the physical manifestation of a movement that is more commonly referred to as the mind. No one has ever or will ever see the mind. The mind is not a thing, it is an activity.

Your mind is either in a confused or orderly state—one or the other. An image brings order to the mind. Whenever we begin to think of the mind, there is confusion because no one has ever seen the mind. Since confusion causes feelings that we do not appreciate, we stop thinking about it and begin to go into an area that we are more familiar with.

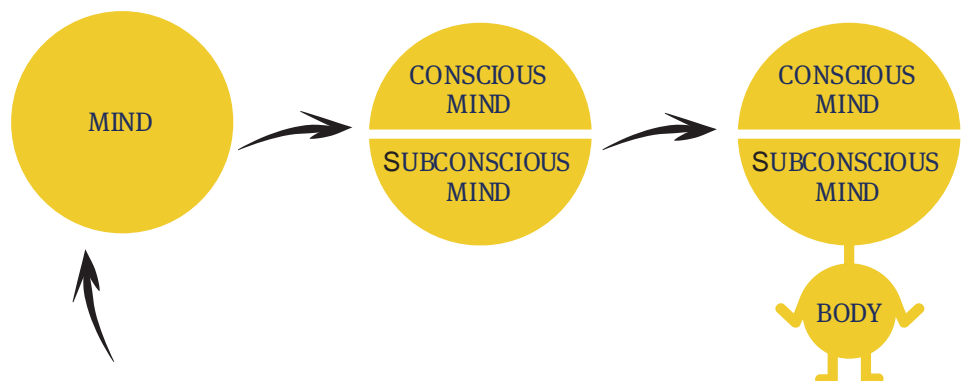
## NOTES

You see, the image of your favourite band or artist was held in a group of cells in your brain the moment you looked at it. When you thought of the word which triggered cells that contained that image, it caused the image to flash on the screen of your mind. As you looked at the words 'sea' and 'sun', in a split second, you activated the cells of your brain that contained those images and they flashed on the screen of your mind.

**As magnificent as the brain is, it is actually an electronic switching station and is still part of the body.**

We studied Doctor Thurman Fleet in this lesson who told us that we are treating symptoms and not treating the cause of the problems. He said if there is going to be any health, we need to treat the person holistically. In other words, we need to treat the whole person.

Doctor Thurman said that we are not doing that because when it comes to the area of the mind there is nothing but confusion. He said since no one has ever seen the mind, he decided to create this picture of the mind.



This diagram is representative of our mind. This is not actually the mind but we need a picture to visualise it.

The mind operates on two main levels - the conscious and subconscious. Everything above the line in the second diagram above is the conscious mind. The half circle below the line represents the subconscious mind. Then in the third diagram, the much smaller circle represents the body. Doctor Thurman states that the body is an instrument of the mind and it obeys the operations of the mind.

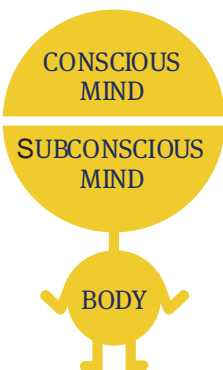
We can compare it to how doctors are treating the symptoms of illnesses but not the root cause. They are treating obesity related diseases such as diabetes and heart disease but not treating the cause of over-eating which causes these diseases in the first place.



A shocking one in four young adults is suffering from mental health problems. And there is a huge 54% increase in prescribing anti-depressants which mask the symptoms but what is the cause of the depression and how can we fix that?

So many people today have deep self-esteem issues which affects everything in their lives. Many believe they are not capable of getting good results due to their negative paradigms and therefore they do not even try. If only they could dig into their paradigms and see they are programmed with low self-esteem which if they changed, they could then achieve more than they could ever imagine!

**A shocking one in four young adults is suffering from mental health problems.**



Become very familiar with this stick person. Study the drawing and every time you think of yourself, see the drawing. Every time you see the drawing, think of yourself. Through training the mind and working with the stick person drawing you truly can understand yourself by your actions and results. It is the same with other people; you can observe what is going on inside them by what is reflected outside. If you don't already, you will soon understand why we refer to the stick person as the genie.

## 2. KEY HIGHLIGHTS

- No one has ever seen the mind. When the mind is imagined and understood, you will become much more effective at improving results.
- Behaviour is the secondary cause of results. For permanent improvement in results, you must go to the primary cause, which is the cause of the behaviour, and that is the subconscious programming — the paradigm.
- The conscious mind is the thinking mind — the educated mind. The subconscious mind is the emotional mind. It is what is going on in the emotional mind that determines the behaviour or the actions the body is involved in.
- The conscious mind receives information from the outside world through the five sensory factors: sight, sound, smell, taste and touch.
- Unfortunately, most people's paradigm — their conditioning, causes them to be subservient to their outside world. They live through their senses, through what they see, hear, taste, smell and touch.



- Our conditions, circumstances and environment have no bearing to what is going to happen in our future unless we let them. You do not have to go by what you see, hear, smell, taste and touch.

- You have the ability to create an image of what you would like the future to hold. By impressing that picture upon the subconscious mind (letting yourself get emotionally involved with the image), the image will ultimately move into form with and through you.
- If you objectively view another person's behaviour, you will understand what is going on in their mind.

**The conscious mind is the thinking mind, the educated mind. The subconscious mind is the emotional mind.**

- The conscious mind is where we gather information, but that is not the part that controls the actions of the body. The conscious mind thinks and the subconscious mind executes what is impressed upon it and expresses itself through the body.
- Every person has genius locked up within them. The essence of who they are is perfect. That perfection has been buried in old virus codes or paradigms. **Thinking Into Character** is designed to help you bring these deep reservoirs of potential to the surface.
- If you want people to change what they're doing, you will have to help them understand what is causing them to act this way.
- There is a tremendous energy that flows to and through you.
- You have the ability to create dreams, originate ideas or discover solutions to problems from this energy as it flows into your conscious mind.



## NOTES



- The only limits placed on these dreams are the limits that you consciously choose to place on them. This is where the creation of a new future for your life originates.
- Vibration is a natural law of the Universe. Everything vibrates ... nothing rests. We literally live in an ocean of motion. Your body is a molecular structure in a very high speed of vibration.
- You become emotionally involved with your dreams as you move them from your conscious to your subconscious mind. As the subconscious mind is in every cell of your body it necessarily follows that the vibration of your entire body is altered with the emotional involvement of the dream.
- These vibrations are not only expressed in action, they also set up a magnetic force and you begin attracting to you everything that vibrates in harmony with you. The action/attraction is what alters your results.
- 'Feeling' is a word we invented to describe our conscious awareness of the vibration we are in.
- When you find that you are not feeling good, know that you are emotionally involved with the wrong idea.
- If you find the things that are coming into your life are not to your liking, you have to ask yourself, "How am I acting? What am I emotionally involved with? What kinds of ideas am I thinking?"
- You can always tell what is happening on the inside by what's happening on the outside.

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### 3. WORKSHEETS

The outside world is a reflection of what takes place in your mind. Your paradigms are in your subconscious mind and to a large degree control your behaviour and your outside world. The following exercises will help you become aware of the activities in your brain and will enable you to alter the cause of the results you no longer want.



1. Begin by examining how you spend your days.

i. What time do you generally wake up?

Time

ii. When you wake up, do you get up immediately?

Yes  No

iii. When you get up, how long does it generally take you before you become productive?

Hours

Minutes

iv. When you get up in the morning what mood are you in?

v. Do you have your activities for the day prepared and prioritised when you get up in the morning?

Yes  No

vi. Do you take a break for lunch or do you study or work through lunch?

vii. When you study or work from home, do you have numerous interruptions?  Yes  No

2. If a disappointing situation occurs, do you react or respond to that situation?

3. Do you have difficulty staying focused on tasks?

4. Do you have an organised study programme?

5. What are your greatest strengths?

6. What are your greatest weaknesses?



7. Do you intend to eliminate your weaknesses?  Yes  No

Which ones?

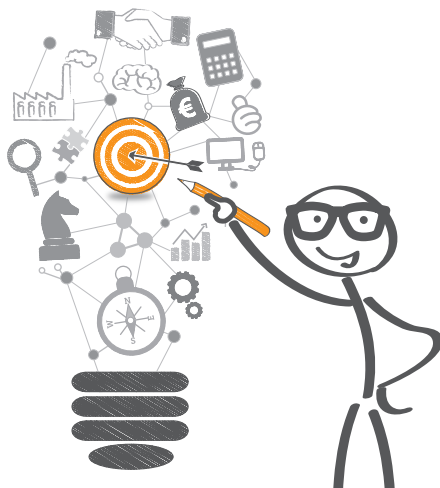
8. List six habits that you will change:

9. What is a belief you have difficulty with that you would like to strengthen?

10. Think of a close friend. What behavioural patterns do they have that could be considered annoying?

i. If that person was doing this exercise about you, what do you think they would say?

11. What daily actions do you have that are habitual that ensure you are moving toward your goal?





## 4. READING ARTICLE

It's Easier to Win - Adapted from Earl Nightingale

Success is easier than failure. Winning is better than losing. You never pay the price for success, you enjoy the price of success. Only 5% of people achieve unusual success in their lives. What motivates people to live as they do? 95% of children are not born into this top 5%. The child will soon take their environment for granted. It will condition them. They will speak the language. They mirror their environment because it is the perfectly natural thing to do. They become average.

**Successful people follow independent paths. They break away from the crowd. They join a smaller crowd.**

Everyone has the option to work and live on whatever layer of life's pyramid they choose. The view is better, the air is fresher, the sun shines earlier and later, and the crowd is smaller at the top. It is easier to settle for the lower levels. Most just get in step with their peers. Most just don't know how to succeed. They've never heard how. They want to be accepted. They follow the follower. They conform to one another. Belonging seems to be all important.

Therein is the trap that captures practically everybody. Most end up in it. They live their lives playing to the wrong crowd, trying to be one of the gang. The important thing to them is to be liked. They have no identity of their own. They find their identity in a larger group.

But, how can we avoid this?

Well, Firstly, we must begin to think. We must look at ourselves objectively for what we really are — distinct individuals with unlimited opportunities for development.

Secondly, we must ask ourselves some questions: Do I want to be like the people I'm following? I know they are pretty good people, but do they know where they're going? Are they successful? Are they as successful as I want to be? If I continue to go along as I have in the past, where will I be in five years from now? Am I operating at or near peak efficiency? Have I been doing just enough to get by? Am I devoting a part of my time each day to thinking of ways and means by which I can increase my contribution? Am I really aware that my rewards in life will always be in exact proportion to my service? Am I following an intelligent course for improving my mind and increasing my knowledge? Do I have a reading and study programme? Or do I think I already know enough?

Thirdly, when I get up in the morning, do I know exactly what it is I'm working towards? Do my life and studies have a clear direction and a worthwhile purpose? Or am I simply marking time and going along with the crowd? Am I motivated by what I really want out of life, or am I mass motivated?

Successful people follow independent paths. They break away from the crowd. They join a smaller crowd. They do not have the television on all day long. They use their time constructively. It is easier to win! There is less competition up there and the view is better.

**Success is easier than failure. Winning is better than losing. You never pay the price for success, you enjoy the price of success.**

It is never too late; for with a purpose, a worthy goal, and a motivation to reach those upper layers on the pyramid, a person can travel further in a few years than he might otherwise travel in a lifetime.



## 5. ASSIGNMENT

Write your answers in the space provided below.

1. Our environmental conditioning teaches us to conform to 'play it safe'. It is an easy trap to fall into — one that all of us fall into to some extent. Do you ever find yourself playing the game Earl Nightingale calls "Follow the Follower"?

2. Analyse the key people in your environment, those who have an important effect on you, in your family, in your community, at your educational institution, at your workplace and socially. Who possesses qualities you want to emulate?

3. How can you improve your human environment?



## NOTES



## NOTES