



April, 2006

- Triggers for Taking Charge of Your Life
- What Makes Self-directed Learning Transformational Learning

I have also launched a blog addressing business self-actualization and leadership issues at <http://evolutionaryprovocateur.typepad.com>

What are the Triggers for Taking Charge of Your Life?

People don't change their lives for the sake of making change. You might move the furniture around but normally it takes a bit more to cause you to step into initiating and directing changes in your relationship with you that could impact everything in your world. Triggers surface in your life to get your attention and to invite you to become more aware of who you are and the deeper resources you have access to.

Here are some of the triggers:

1. You finally notice that you are having one year of experience 12 times. The same patterns keep showing up in your life over and over. They are not what you want and it reaches a stage where you realize it is time to clear them from your life. Examples: patterns of drama, feeling victimized or a victim of circumstance, relationship meltdowns for the same reason (pretty much).
2. You notice yourself saying: 'I am a survivor.' This has to be combined with the inner knowledge residing in your heart that you have more purpose in life than to just survive.
3. You get sick. Sometimes when you aren't listening to your intuition, your body becomes the vehicle. The illness corresponds to the organ housing that emotion. This is why medical intuitives are now playing such an important role. See Caroline Myss's book: *Anatomy of the Spirit: The Seven Stages of Power and Healing*, and Gabor Mate's book: *When the Body Forgets to Heal*. Gabor Mate's book addresses where emotional

coping strategies predict chronic illness. By the time you get sick, the change required is radical. Food, diet, lifestyle must change.

4. You experience a relationship meltdown: marital or long-term. These always open portals for reflection on what you want and who you are. I recall a Myers Briggs workshop participant who for years had tested out with a consistent profile. After her long term marriage melted down, her results were radically different. It is possible that she had repressed part of her nature in order to be in the relationship. It can happen to anyone without knowing. It has happened to me.
5. You experience loss. This is the check that once again puts the mirror in front of you and gives you the chance to determine what it is you want from life and to give to life ... your own and that of others.
6. You have accidents, car accidents mostly which are often indicators of energies out of control. Not everyone may see the relationship but more often than not, accidents of this nature happen because your energy is not grounded, there is a need to stop and get your bearings or slow down. The accident becomes the energetic vehicle to draw your attention to that fact.

What ever the reason, the trigger to take action, is one that must also trigger a shift from doing what you have always done to providing fuel and conviction to make changes and make them profound and lasting. Rather than moving the furniture in your life you are inspired to move toward your personal frequency, your own 'musical note', think big and be true to yourself.

What Makes Self-directed Learning Transformational Learning?

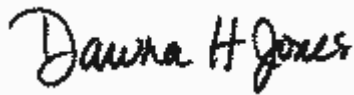
Bruce Lipton, cellular biologist, in his book *Biology of Belief* notes that 95-99% of your behaviour is driven by the subconscious. That subconscious programming was recorded and stored in your cells between the ages of 0-6. This is why, as Bruce Lipton puts it, using positive thinking without reprogramming the cellular intelligence, which is in the form of belief, amounts to yelling at a tape recorder to rewind, pause or fast forward. It is entertaining perhaps, but not going to work.

His work also connects the important role of the environment, the science of epigenetics, to informing cellular intelligence. You become what you think. Ghandi made sense when he said you need to be the change you want to see.

Doing so, means stepping into you and using tools that reprogram the cellular intelligence to release limiting beliefs and replace them with supporting beliefs.

There are two ways to reprogram the cellular memory: 1) become more conscious and 2) use energy psychology or neuro-technology tools. Holosync found at www.centerpointe.com/links.php?ad=30889 is one example. The Wild Divine is another: www.myaffiliateprogram.com/u/wdivine/e.as?e=3&id=3306. Bruce Lipton also referred me to www.psych-K.com which uses kinesiology to identify sub-conscious beliefs and to reprogram them.

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Contact Dawna Jones at 1-604-605-0589 (1-866-605-0880) to discuss the **Radical Retention™** program designed to close performance gaps, engage employees in self-directing their growth utilizing accelerated learning techniques. (dawna@FromInsightToAction.com)

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