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Notes from Bob Proctor Video on Understanding Your Mind

By Bill Marshall

You can watch the video right now at http://www.poweraffirmations.com/. I recommend that you print out the notes so that you can follow along. Bob covers this material very quickly.

I also recommend that you watch this video multiple times (constant spaced repetition). This information is worthy of deep, reflective thought.

I have augmented some of Bob’s comments with my own thoughts which I think will help you better understand what he is communicating. I have added times to my notes to make it easier to find the related section on the video.

Notes from the Video

Time: 00:00 through 01:10

Why do you look like your relatives? Why do you have the same habits as many of your relatives?

Why do you keep getting the same results over and over and over again?

Why do some highly educated people fail and some people without much formal education are earning millions of dollars and building giant organizations?

“Seek and ye shall find” is great advice. If you are sincerely and persistently looking for answers, you will find them.

The Answer is Paradigms

Time: 01:10 through 01:53

The answer to the above questions, can be summed up in one word: paradigms. This is the most important concept that Bob teaches—pay very close attention to his explanation.

Our mind controls everything. Mind is the greatest power in all of creation. God is the greatest power—but the mind is the greatest power in all of creation. God created the mind.

Make Sure You Understand the Stick Person Diagram

Time: 01:45 through 02:41 – this section of the video is very important. It goes by quickly so make sure you study and understand the ideas in this section.

Understanding the Stick Person is critical. The diagram that Bob draws out is very important. He uses it in most of his presentations.
In this presentation he starts with the subconscious mind—that’s the lower half of the head circle in his diagram.

**A paradigm is a multitude of habits.** These habits are our core beliefs--our habitual way of thinking. Notice that he places the paradigm squarely in the subconscious mind, not the conscious mind.

**A habit is an idea that is fixed in the subconscious mind that you act on without any conscious thought.** Another way of saying this is that most of our actions are automatic, conditioned responses. We often act without a lot of conscious thought.

If you want to better understand your own paradigms, examine at your results. Your results will give you clues as to what your paradigms and beliefs really are. If you want to change your results, you need to change your paradigms. **Change occurs from the inside out.**

It’s our actions that produce our results. **More specifically, the action causes a reaction and the action reaction alters the conditions, circumstances, and environments in our life.**

When we set a goal, it is because we want to change something in our conditions, circumstances, and environment.

**How Are We Programmed?**

**Time: 02:42 through 03:31**

We look like our relatives because of our genetic or physical programming. **After birth, we are programmed by our outside world.** When we are young children, our subconscious minds are wide open. This leads to social heredity. This is where we pick up our language, many lifestyle habits, culture, and core beliefs.

**Whatever comes in from the outside world when we are children becomes our programming.**

We are programmed genetically and environmentally—by our outside world (family, friends, news, movies, TV, music, books, etc.).

**Enter the Conscious Mind...**

**Time: 03:32 through 04:00**

At a certain age, a psychic barrier forms between our subconscious and conscious phases of the mind. **We develop our conscious mind.**

The conscious mind gets much of its information from the outside world through the 5 senses—or sensory factors.

But we also have **intellectual factors**—higher faculties:

- Perception
- Intuition
- Will
- Reason
• Imagination

**There Is a Power Flowing to and Through Us**

Time: 04:00 through 04:05

There is a Power that flows into our **conscious mind**. We have the ability to (**consciously**) think anything we want to think.

What are we going to think?

We are going to think thoughts that are in harmony with our paradigm (our core beliefs or core habitual way of thinking).

**The Law of Vibration in Action**

Time: 04:05 through 04:57

The paradigm controls the vibration your body is in. Remember that the paradigm is in the **subconscious mind**.

Vibration is a law of the universe. The law of vibration decrees that everything moves, nothing rests.

Our physical bodies are in a high state of vibration.

Our bodies radiate energy. That energy can even be photographed.

**How We Create**

**Our Conditions, Circumstances, And Environment**

Time: 04:57 through 06:09

There is a power that flows into you—**to and through** you to the outside world. This Power **has no form** (the Formless Substance referred to by Wattles in “The Science of Getting Rich”). We give form to this power through our thoughts and our actions.

You can use this power to create or build negative ideas or positive ideas.

**We build our ideas (in our conscious mind) that are harmony with our paradigm.**

If the paradigm has **X type of energy** you will tend to build **X type thoughts** in your conscious mind. This is the source of our limiting or empowering beliefs.

If you have been raised with the paradigm where lack and limitation is common, you will never become wealthy—**until you change your paradigm**.

What creates our reality is our paradigm, not our conscious thoughts. You will probably take the power that flows into your conscious mind—which you could turn into **anything** you want--and continue to create “X” ideas that are in harmony with the paradigm.

**It’s the ideas that you impress upon the subconscious that controls the vibration.**
When you begin to impress new “Y” ideas, your body will move into an uncomfortable vibration. A “Y” idea is a goal or change you want to make that is in conflict with the paradigm in your subconscious mind.

A “Y” idea might be quit your job, sell your house, take the money and invest it in a business so you can be your own boss. That idea will scare most people because it’s not in harmony with the paradigm.

“Y” ideas often come as suggestions from our environment. We read a book, we listen to an audio program, we go to a seminar. We are presented with a multitude of new ideas. Some we will reject outright. Others we may entertain for a time, but reject because they are too uncomfortable. Some we may embrace and ultimately take action on in spite of the discomfort and create new results.

“Y” ideas trigger the “Terror Barrier.” Bob doesn’t mention the “Terror Barrier” in this video but this is one of his core teachings (also brilliant). How you react to the “Terror Barrier” determines if you move into freedom (crash through the Terror Barrier) or remain in “bondage” (bounce off of the Terror Barrier back into “bondage”). Fear and doubt is the most important enemy we must conquer in order to get what we want. This is one reason why so many people are looking to increase their self-confidence. We instinctively know that we need to crash through fear into courage and faith in order to achieve meaningful goals.

### Your Paradigm Is Controlling Your Results

**Time: 06:10 through 06:35**

A person can be intellectually brilliant but the results in their life don’t match because of their paradigm. Their paradigm prevents them from taking the actions necessary to succeed. Of course, if the paradigm is also positive then the person of high intellect will also be very successful.

But a person without formal education can earn millions—or even billions—if they have (or develop) a paradigm in harmony with millions and billions. In other words, lack of education is not a valid excuse for failure.

What did Carnegie, Ford, and Edison have in common? They were all extremely successful and wealthy. They also all lacked a formal education beyond the 8th grade. Yet, they were all among the richest people financially who ever lived. Walt Disney dropped out of high school at age 16.

What you want to do is to change your paradigm to match the results you want. When you change your paradigm, you change your entire life.

### How do you change your paradigm?

**Time: 06:36 through 07:31 (end)**

To get the results you want, you want to change the paradigm. Bob’s teaching and coaching programs are directed at helping you change your paradigm. He mentions a 13 month program, but, of course, there are other options available to you.

Here are a few hints at how to change your paradigms:
1. Constant spaced repetition of an idea or image that you want to impress on your subconscious mind. This is where affirmations can help. Whatever is impressed on the subconscious mind is expressed through our actions. If you use your conscious mind to purposely impress an idea on your subconscious mind, you can change your paradigm.

When I created my affirmations, somehow I knew (even though I was not aware of Bob’s programs), that I needed to address a multitude of beliefs and thought habits. That’s why I created so many affirmations—to look at various positive ideas and beliefs from many different angles.

It’s also why I decided that I needed to use recordings. I knew I needed a multitude of repetitions.

2. Continued in-depth study of material by Bob, Napoleon Hill, Wallace Wattles, James Allen, Charles Haanel (The Master Key System), Genevieve Behrend, Thomas Troward, etc. You can also continue to pursue an education into the inner workings of your mind and work to apply the material. This is useful, but there is also a danger. You could study so much material and get so many different viewpoints that you create confusion rather than awareness. I recommend being very selective of the material you study related to mental science until you begin seeing significant improvements in your results.

You can’t go wrong with the teachers mentioned above. Currently, I’m limiting my own studies to these teachers/authors. And when I study a book or seminar, I focus on going as deep as possible. In my experience, it is both deep study, concentration and application that generate results. We impress the subconscious mind and change the paradigm through focused concentration. Real thinking.

3. Another way paradigms change is through emotional impact. If you experience a highly emotional event, the impression can be so strong that it changes your conscious thinking instantly. Most of us experience these types of events at some point in our lives.

Most often, these kind of events just seem to happen without any apparent conscious control on our part: we lose a job, we run into health issues, another person hurts us in some way.

BUT when you are aware of the principle, you can also find ways to take control of these types of events or feelings and create the right experiences on purpose so that you can use them to impress your subconscious mind. This is often one of the benefits of going to a seminar.

You can even combine the two—repetition and emotional impact—to accelerate the process. If you study Napoleon Hill’s chapter on autosuggestion, you will notice how strongly he emphasizes mixing the affirmation with the emotion of belief.

4. As Bob mentions, personal coaching is a very effective way to get help to change your paradigms. The effectiveness of coaching depends on the quality of the program and the skill
of the coach. There should be an education curriculum and adjustments made by the coach or trainer based on your personal situation. While there are many similarities—everyone’s paradigm is unique—just like our fingerprints.

In my experience, the best results are obtained by following a disciplined approach—one with a definite time commitment. You may not need a 13 month program as Bob suggests—that’s quite a long time. You may be able to begin seeing results from a shorter program. Every person is different. Coaching is an application of the master mind principle taught by Napoleon Hill in “Think and Grow Rich.”

I have partnered with a coach trained and certified by Bob Proctor who is absolutely fantastic.

During my first conversation with him, he nailed the essence of my personality within the first few minutes and made some observations that have already had a profound impact on my thinking. As I think you know from my website and other material, I’ve studied quite a bit, so I think this really says something. He’s very intuitive.

He comes from a very successful insurance sales background where he was the leading sales person in the company. More importantly, he has been able to use Bob’s material to help other people duplicate his results.

He really knows Bob Proctor’s information inside out and (more importantly) he knows how to help people get the results they are looking for—he is a real pro at this.

If you are serious about pursuing the coaching option, I may be able to set you up for two complimentary 30 minute coaching calls with him that I believe will help you begin to set the foundation for what you want to achieve.

He’s very busy, so I cannot guarantee that I will be able to set this up for you, but I will try. Just sent me an email to whmarshall@earthlink.net.

Whether or not you are interested in personal coaching, you may benefit from the recorded affirmations that I created for myself. You can learn how to get instant access to these by visiting http://www.poweraffirmations.com/tools/.

7 Power Affirmations Inspired by Bob’s Video

Here are 7 Power Affirmations that I wrote after watching the video. I hope you find these helpful:

1. I am now taking conscious control of my paradigms. I am developing a success and abundance consciousness.
2. I am improving my life from the inside out.
3. I know that there is a Power that is flowing into my mind on a continuous basis. I am using that Power to create conditions, circumstances, and environment that I desire.
4. I am developing a keen understanding of the inner workings of my mind.
5. I am using the power of my mind to create positive ideas.
6. By choosing positive ideas and impressing them on my subconscious mind, I am now keeping my whole being in a positive vibration.
7. I am now embracing and acting on "Y" type ideas with courage and faith.

**Join My Email List and Get Access to a Printable List of my 488 Power Affirmations AND Bob Proctor’s Born Rich Seminar**

If you have not joined my email list, you can do that by going back to [http://www.poweraffirmations.com](http://www.poweraffirmations.com) and filling out the form.

When you join my list, you will receive a complimentary list of my 488 Power Affirmations in printable form. Also, you will get access to videos of Bob Proctor’s Born Rich Seminar. This was Bob’s signature seminar for many years. This covers a ton of information that he was obviously not able to teach in “The Secret.”

This is an amazing seminar. I confirmed with the Proctor Gallagher Institute that it was okay before posting the videos to my website. You cannot download the videos, but you can watch them online.

There are 6 videos in the set—the equivalent to 6 DVDs. **There is over 10 hours of content,** so you will likely want to take a few days to watch it.

**Bob’s 6 Minutes to Success Program**

One other resource from Bob that I highly recommend—his 6 Minutes to Success program. This is a monthly subscription where you receive a new short video from Bob Proctor or Sandy Gallagher every day (mostly Bob—but Sandy is just as good).

Once the video is in your library, you have access to re-watch it as long as you continue your subscription. They also include transcripts and MP3s of the video that you can download for reviewing offline.

If you have any questions or comments, email me at whmarshall@earthlink.net.

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