Kay Grace's Expert Interviews

Stress Free in 7 Minutes

With Paul Scheele, Cofounder – Learning Strategies Corporation
Teleseminar #2

Kay Grace: Hi everyone. I'm Kay Grace and I just want to welcome you to ***Stress Free in 7 Minutes***, our second in a series of teleseminars. We have with us our special guest Paul Scheele. He is the Co-founder of Learning Strategies and he's been called the Master of the Mental Makeover, which I just love. I can't wait to get started to share what he has to tell us.

Before I start the interview with Paul, I do want to remind you that it's a good idea to have your Notes Sheets in front of you; that'll help you get the most out of the call, and if you haven't downloaded them you can still get them by going to www.stopfeelingstressedout.com/thankyou. That's the thank you page - it has the dial-in details, just scroll down a bit and go to the spot where it says click here to get the notes. If you're listening to the recording of this call and you would like the notes, just send an email to me at kgrace@energyexpress.com and just put "notes" in the subject line and I'll send those to you. Ok, if you don't have the notes though, don't worry about that, we'll just follow along.

Everybody, do give yourself a gift of no distractions while you're listening. Just turn off the cell phone, close the door, take some time to focus on giving yourself this lifeline out of stress and overwhelm, and just getting back to that peaceful place. As I said, this is the second in a series of 12 interviews with experts and it's designed to give you tools that can get you out of stress, negative thinking, emotional pain, feeling stuck, all that kind of thing.

And some of it is 7 minutes or less. I like to think of that as permanent path back to peace and happiness. These are tools you can use over and over again. You'll all be getting the audio, so wherever you are, whatever your life situation, this is something to go back to over and over again. I just want to say I am very excited that you are here. Some of you already know Paul and have been taking part in his retreats or seminars and the home study courses.

And this will be a chance for you to get to know him better and learn more about something I am really interested in, *'Accessing Your Own Natural Brilliance, The Genius Mind'*, Paul calls it. Your higher self is already there and we'll help you access that. The idea is to find a way to get out of struggling and stress, and let go of that negative dialogue going on in your head, help you turn it around and get unstuck and live the life that you were meant to live.

Some of you are new to Paul so we'll spend a little time learning about the tools he uses to uncover that hidden conditioning. In English, as one of his great letter says, that means he can tell people what they're doing even when they really don't understand it themselves, so this will be a great call. We have got people here from all walks of life; we've got artists and business owners, musicians and accountants and nurses and all kinds of people.

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The idea here that we are going to cover is how to overcome those little voices of doubt or criticism or the way we sabotage ourselves. We are trying getting unstuck, stop repeating painful patterns. We want to learn again about accessing the power hidden in what we fear the most. I'm looking forward to that. And learn to quickly erase stress and negative thinking. We may have some stories about how this has worked for other people. And finally, we'll have a live mini-session with Paul practicing what we've learned.

So many of you know Paul is right in my own backyard; I live in Minneapolis and that's where **Learning Strategies Corporation** is located. He's the author of *Natural Brilliance*, *PhotoReading*, and the developer of *Paraliminal* CDs for whole mind learning. He's an expert in Neuro-Linguistic Programming and Preconscious Processing. And don't worry! We'll go into a little bit of what those are and how they can help you. And he has written a whole lot of other programs and is involved in many wonderful, wonderful things, from the *Genius Code* to his latest with Jack Canfield called *Effortless Success, Living the Law of Attraction.*

And we'll get started with some questions here and to find out more about any of those though you can go to www.reclaimyourgenius.com. So I've been using some *Paraliminal* CDs this week and I don't think you'd be listening to this interview if I hadn't done a couple of rounds of G*et Around To It. (Laughs)* So let's get started. Welcome Paul, and thank you so much for being on this call.

Paul Scheele: Pleasure to be with you Kay. And it's good to be with somebody who's actually in my own hometown too.

Kay Grace: Isn't that great! I was so excited!

Paul Scheele: Yeah. I was downtown Minneapolis today doing some recording in a studio so this was right on topic.

Kay Grace: Oh good! I am really glad to hear it. All right. We'll just get started since we just have an hour. You've been called the Master of the Mental Makeover. Can you talk a little bit about what that is and why is that so important?

Paul Scheele: You know, most of us really live in our minds and the challenge with that is that our mind is actually a tool that responds to who we are and our very essence. And what we end up seeing, what we end up experiencing in our world is a result of that mental programming, our belief systems, our mental model or paradigm, how we approach things. That's really what ends up really determining what kind of results that we get in life. So if you really want to experience peace, love, joy and if you're not, for whatever reason, then it really is time to take a look at how do we change the contents and how

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do we actually change the way we use our mind. That's what I would call a mental makeover.

So it's really important that you consider, are you in charge of your mind? Because if you are, it's a very powerful ally, it's a phenomenal servant, it will do just about anything that you ask of it. However, if it's in charge of you instead of you in charge of it, it can really be a cruel master. So hopefully in this call really take a look at any area of your life where you may be giving your power over to mind as opposed to using the power of mind to create the results that you want.

Kay Grace: That is so important! I mean it strikes me that you really are one of the only personal development folks I have heard who emphasizes that the mind isn't something that we want to just plain get rid of or stop connecting with and just go around in a constant Zen state so much, although of course that's valuable, but to turn it into a servant rather than kind of having the inmates running the asylum. That is a great insight to me.

Paul Scheele: Precisely. Precisely that. And if you think of the metaphor, the sorcerer's apprentice, in the mind running amuck can really create a lot of havoc. *(Laughs)*

Kay Grace: Yeah.

Paul Scheele: We really need to learn how to use it most effectively. And it's really not that difficult. It's just that most of us have been raised in a school system and in our culture that takes many of the most powerful resources of mind and marginalizes them in favor of very limited conscious processor that most of us are schooled in the use of.

Kay Grace: Yeah, that is very true. Paul, you're also known as an expert in NLP, Neuro-Linguistic Programming and the words preconscious learning and whole mind learning come up a lot when we read about you. Could you tell us a little bit more about these things? It kind of is a segue from what you were saying about educational processes and using all of the parts of our mind and we sure know that our current school system is **not** set up to do that. How can we access these things and what are they?

Paul Scheele: Well, when I was 19 years old I had already been studying yoga meditation. I wanted to learn how to bring my mind under rein if you will, under control. I wanted to learn how to sit and be in a relaxed peaceful state whenever I wanted to.

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And I had the opportunity while going to the University in Biological Sciences to attend a workshop on how to hypnotize presented by a woman from Excelsior, Minnesota who was training a couple of Doctors of Psychology, and she took me under her wing during that experience and she trained me in hypnosis. So while I was going to the University that was my summer job! I'd go to her Clinic and I'd work all summer doing hypnosis sessions with people. And it was an amazing thing! And I learned a tremendous amount from it.

And when Neuro-Linguistic Programming was first created by a couple of professors at University of California at Santa Cruz, they came to Minnesota through a local therapist that I knew. And he said, "Paul you've got to find out about this."

Neuro-Linguistic Programming is essentially the study of the structure of subjective experience. How is your subjective experience, your personal experience actually created or structured. And it turned out that NLP had a language that explained hypnosis. So now, not only do I understand hypnosis but I also understand how it really works at a much deeper level than most hypnotists ever understood.

And two things that I discovered in the process is that we have two innate, very powerful resources that come to us free and clear at birth. First is a vast non-conscious mind. Some people call it the subconscious, some people call it the unconscious, other researches call it the para-conscious; there are a lot of ways of referring to it. But if you think of it this way, the conscious mind which you use to orient yourself to the world on a daily basis, if you look down at your feet, look at how much space your feet actually cover of the ground and say that's the entire database of your conscious mind, extend for 11 miles around you and you'll get an understanding of the dimension of your non-conscious mind.

Kay Grace: Wow!

Paul Scheele: So this conscious resource is fairly limited but the non-conscious is tremendous. It's extremely vast; it's absolutely yours for the use. The second innate and powerful resource we have is something called the preconscious processor, which means that our sensory systems route a tremendous amount of information to us that bypasses the critical faculty of the conscious mind and has an influence on this 11 miles that's actually used to run just about everything that's going on in you right now. To give you a sense of what that is, if you could think about a human eye and brain is processing about 10 million bits of information per second, that's the bandwidth if you will, the information processing of the preconscious processor; that's this bandwidth or carrier of the information. Think of it as 10 million bits of information per second. Now your conscious mind only receives a fraction of that. You want to guess what that fraction is?

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Kay Grace: Oh man! I think I've heard this but it is very small!

Paul Scheele: Yeah. Out of 10 million bits of information per second the conscious mind gets only 40 bits! So when you think about it, most of what's going on in your life is being instructed to use the conscious processor, which is very limited. It only does 7 (± 2) units of attention at a time. It's very slow. And here we have this vast processor, this preconscious processor that's running things all the time!

Now here's an interesting thought to just to hang with for a moment, okay. Think of the kind of processing that's needed to determine out of 10 million bits of information, which 40 is going to go to your conscious mind? And when you think about the kind of algorithm that would be needed to run that calculation, we're talking about billions of bits of information per second would have to be processed and calculated in order to know what of that information should come to you at a conscious level.

So, you know here we have it, it's the idea of whole mind learning is how can we start using these vast resources of mind to start accomplishing more of what we would like to create in life with a lot less effort than most of us have been convinced it would actually take.

Kay Grace: And that is totally amazing! I was a lab biology major in school also and the idea of those kinds of numbers is absolutely mind-boggling.

Paul Scheele: Yes, yes.

Kay Grace: That's amazing! All right. You gave us a little bit, an inkling about how you got started. What is it that created the desire in you? How did you get going into the whole personal development work that you do, trying to bring this kind of understanding to people?

Paul Scheele: Well, you know the thing that chose me, for example, to create the company called Learning Strategies Corporation, was a belief that I wasn't a very good learner. *(Laughs)*

Kay Grace: Oh!

Paul Scheele: And the reason that I learned how to do so many great relaxation techniques is I was kind of a stressed out kid, sort of a twitchy, you know over stimulated kid. I came into this world with a tremendous amount of sensitivity so that I could do this work in the world. And the world seemed like a pretty overwhelming place, so it drove me into a lot of the research that

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I did was out of a personal need to find that calm center, to remember who I really was and to live with the fullness of the potential that is within me.

So one of the things that I was most interested in was developing myself. When I had the opportunity to learn about hypnosis for example, I didn't realize at the time that this was something that I was really going to go into. But what happened very early on is I was asked by my teacher to give a stage demonstration for a local church organization, a youth group. They wanted a hypnotist to come in and entertain everybody. And I was really not someone who enjoyed doing any kind of public speaking so I was a little freaked out about it. But my teacher said, "Don't worry. I'll tell you everything that you need to do."

Well, here I was, I had 10 of these kids out of the 50. 10 were on stage, I had them all in a deep trance, I said to this one fellow, "You can't move your foot, you could try to move it but you can't! It's glued to the floor." And sure enough this kid, and he was about 6' 2" I think, he could not move his foot! It was absolutely stuck to the floor! And of course, my mouth was sort of hanging open at this point *(Both chuckle)* thinking, "Wow! This is really bizarre! It actually works!"

And having had the success of that one I looked at, I mean I gave him the suggestion, "You could try to tell me your name but you can't! You've forgotten your name. Try to tell me your name. You can't do it." And he could not utter his own name! *(Makes sounds as if someone is trying to speak but can't. Both chuckle)* Now at that moment instead of thinking, "Wow I'm so powerful! I've got this amazing power of hypnosis at my disposal." Instead what hit me is, "Oh my gosh! This is what's happening to us all day long!"

We take perfectly reasonable resources of mind and throw them away because we have accepted the suggestion, *I cannot*. So just finish that sentence. I cannot do math. I cannot do art. I cannot get up in front of a group of people and speak. I cannot achieve the financial goals that I have. I cannot get what I want in the world. You know, just finish the sentence.

Kay Grace: Ah! That is a powerful insight.

Paul Scheele: And realize that at that moment, here I was 19 years old, right? It was as if the heavens had just opened up and a beam of light was shining down at that stage because at that moment I realized what my job was, was not to create or put them in the trances, but to awaken them from the self-limiting, self-defeating trances that they are already walking around in. You don't have to make people more suggestible, we already are! What we have to do is get in charge of the power of that mind and start using it to get the results that we choose to create in life.

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Kay Grace: That's awesome! I am going to go off my written down questions just quickly if you can, it's a passion of mine that the public schools and so on, and really education in general, to my opinion now only, seem to be still operating from whatever they created a couple hundred years ago. And this seems like one of the most powerful ways possible to help kids who believe they can't learn. Is there anything that you have and that you're working on or that you know of that would work well for kids in say grade school, say 6th grade and lower?

Paul Scheele: Yes. Actually a colleague of mine recently passed away, wrote a book called *Magical Classroom*. And he was a retired oral surgeon and he did some fascinating work using hypnosis at Stanford University before and after surgery in order to improve the way people heal. And he became so convinced of this amazing powerful accelerated learner that's within us, this part of us that can take in information, that can discriminate it from other information, that could differentially respond to it and never once consult the conscious mind. This is just amazing, a learner that's within us. When he discovered that, he realized that when he was done with oral surgery, he was going to spend the rest of his professional life, teaching teachers how to use this to help children realize the genius that is within them.

And so, he and I met each other years ago and he helped write one of the chapters in my teacher training book called the *Accelements*, the essential elements of accelerated whole brain teaching and learning. And so there are beautiful techniques to help teachers show kids that they have not only a powerful brain which they can adjust, they can change the frequency range of their brain like changing channels on a TV, and they can get different results depending upon how they tune their own brain. Anyone can learn it, it's very easy to do. So yes, yes, yes.

Kay Grace: Thank you so much. I mean I do have a personal interest in it. I have a 9-year-old son of my new husband who's already been listening to *Personal Genius* and *Memory Supercharger*, two of the *Paraliminals*. Already the results are amazing. I'll have to think of a testimonial. *(Laughs)* We can use it whenever we want to learn something useful. And he is really liking it. He didn't have any resistance at all to put on the headphones and just doing it. So I've got to say thank you.

Paul Scheele: Sweet. Hmm-mm.

Kay Grace: All right. Oh, in one of your DVDs, *Effortless Abundance*, you talk about walking into fear. And I was so intrigued by that, that our power is hidden inside what we fear the most. I kind of put that all over the material because it must be something in me that wants to know that. *(Laughs)* Would you say more about how you do that? How can we find and unlock that hidden power?

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Paul Scheele: Well, if we think about the times in our lives when we were most challenged and we just, you know, it may have been loss of a job, loss of a loved one, it might have been a terrible illness that we had when we were really up against the wall and we just had to face it, we had to deal with it. If we survived it one of things that we realized is that's a demonstration of how strong I am. So we know that if we can address or face any fear that happens to be there for us, we know that we are going to find on the other side of it an immense amount of power that's there.

Now I had a coach, his name is Arnold Patent, he wrote a book called *You Can Have It All*, which was a bestseller back in the '80s and he's written several others since then. And one of the things that he shared with me is this idea and it resonated with me immediately. I have a big background in metaphysics. He said we are born into the world not as merely humans trying to have a spiritual experience, we are actually descended spiritual beings that are here to have the fully human experience.

And the first phase of our life is all back in the area of forgetting the fact that that's who we are and really addressing a lot of the fears that we have, being controlled by a lot of our fears. But at some point we awaken enough to realize that, oh my gosh! There is more going on here than meets the eye. What is that? We begin by the ability and guidance of our own higher mind to start to open more of the true power and potential that we are.

So this idea is when we are born into the world, we have two agreements. One is the, *forget who we are*, so we can come in and have the fully human experiences. One of feeling, it's one of limitation, here we are spiritual beings with absolutely no limitation what so ever. We come into the human experience to have this illusory experience of limitation because its fun! It's an amazing place to actually have an existence.

And the second thing that we agree to is to *hide our power* in a place that we won't look for it. Well, the only place that we are not going to look for it is in the thing that we fear the most. So every time you face the thing that you fear the most, you get to recover a little bit more of the true power and abundance that is your birth right. It is your essential nature. Now if you take this as a sort of a beginning place, one of the things that I always recognize in my professional life is if I really was afraid to do something, I would have to say yes and actually do it.

So I remember one time, we had a call from someone and said, "Paul, could you lead a meditation for a group that we have gathered?" I said "Sure. Where is it?" "Well, it's at the Minneapolis Auditorium." I said, "Oh! Ok. How many people?" He said, "6000 people." *(Kay laughs)* "And when is it?" "It is day after tomorrow, its morning at 6 a.m." *(Paul laughs)*

Kay Grace: Oh!

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Paul Scheele: And this is the *Peace is Possible Now Rally* and 6000 people are going to be there. And the person who was going to do the meditation dropped out. So I was a total panic at the idea of getting up in front of a large group! And so I immediately had to agree to it. And of course, as soon as I hung up the phone, I was kicking myself, what was I thinking! This is nuts! *(Kay laughs)* But I didn't have enough time to get really panicked about it because it was just *(Both laugh)* 30 hours away. And of course you know going into the experience of you know leading a group in silent prayers is not too tough. *(Both laugh)* But you know it was a meditation for 6000 people! It was a tremendous experience! And I thought, okay, I could do that. Now what?

Kay Grace: Yeah.

Paul Scheele: And one of the ways I confronted that is I did some outdoor experience of learning things and one of them is running up this telephone poles called the Pamper Poles, standing up on a little disc on the top of that, it's 35 feet of the ground.

Kay Grace: Oh!

Paul Scheele: And then you have to jump off of it. You're harnessed in but it's a little creepy. Anyway, I got to the top of this thing and I used something from Neuro-Linguistic Programming called anchoring. What I did is I got to the top and my heart was just pounding as I stood there. I said *this is not fear; this is excitement*. And as I looked out over the horizon from this amazing vantage point you know I could hear the birds in the canopy beneath me, you know it's this amazing view!

I just let that power and that presence, and I visualized myself communicating with way more people with this sense of excitement and capacity. And sure enough, you know, within the next year I was getting all kinds of keynote lectures. I got a call from CBS Up to the Minute News. They wanted me to go to the local CBS affiliate, get in front of a camera there, and I would be live on TV with a host from New York. So I agreed to do it. There I was in this little room in WCCO TV here and there's a big postcard of Minneapolis behind me. You've probably seen some of these kinds of things.

Kay Grace: Sure.

Paul Scheele: And I just had a camera to look at in front of me, and a little earpiece so I could hear what was going on; nobody else in the room; not a cameraman or anything else. And I could hear the New York producer and my host who is going to be interviewing me. And you know I was joking, "Is there any

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spinach in my teeth here? I just ate a salad." *(Both laugh)* And so, all of a sudden, the producer comes on and says, "Ok gentlemen 15 seconds." And suddenly my heart started pounding. I could just see my tie is like flapping on my chest! *(Laughs)* Oh my gosh! I thought. Oh my gosh! I am really panicked.

And then I heard the voice. That same voice that was listening on the top of that pole out in the woods and it said, *this is not fear; this is excitement*. And instantly, there was this amazing calm that came over me and I was just laser focused. We had a blast! It was amazing! It was just, it moved a tremendous amount of energy!

And so this is the notion is when we have something that we fear most, inside of that experience is the repository of the true power and presence that you are. But even more than that, if it's something that is a true fear of yours, something that throughout your life you've been most afraid of, I can almost guarantee that the true mission and purpose that you are here to express in the world, is hidden behind that. And so, I spent my life opening up that sort of thing for me. And it's also something that I encourage everybody to open up for themselves as well.

Kay Grace: Wow! That is amazing. I've also heard the definition that, 'Fear is excitement without breath'. *(Paul chuckles)* It is kind of like that, from one of my teachers. And I now have to, you know, out myself here that calling you with a small email list and never, you know, not even dreaming that I could get a hold of you to actually be able to interview you for something I just really want to bring to the world, there was a lot of excitement without breath going on. *(Laughs)* And it turned out easy. And it was simple and it's been a lot of fun. So I appreciate that.

I promised everyone that we would talk about quickly erasing stress and the negative thinking that goes with that. What are some of your favorite ways to do that? This thing is you're sitting there feeling stressed out and overwhelmed.

Paul Scheele: Well certainly one of the things that we really recognize most often is that our stress is in response to something that's in our environment. And we'd like to think that we are stressed by the thing out there. The truth is that stress is actually a pressure. It's a physiological term that has to do with pressure that's on our physical being. We need to have a certain amount of pressure just to stand up. So it's not as if we should eliminate pressure and be in weightlessness all the time. *(Both chuckle)*

The idea is that what we experience, the physiological experience and the mental and emotional experience of being stressed, is actually resisting what's there. And that's an internal experience, not a physiological experience of the pressure from the world around us.

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It's when we resist it, that's when it starts to burn us up. And so, what I've always recognized is that we can be stressed at a physiological level in the body, emotionally or we could be stressed at a mental or a cognitive level. We could really resist in either domain pretty strongly and as a result of that experience, that feeling of being literally out of control. I've worked with people with a lot of different panic disorders; stress disorders and also that have had the phobias.

Kay Grace: Ok.

Paul Scheele: And it's really not something that is particularly difficult to eliminate. You can eliminate it actually pretty quickly.

But what I'd like to kind of focus on is that one place, and you kind of said it in your own statement, it's this idea that breath is a key. So with the idea that your body which is the visible part of you, and the mind which is the invisible part of you, are actually linked together with this thing called breath. For example, if I held your nose and your mouth shut so that you couldn't breathe, probably within 30 seconds you'd be pretty well stressed. You'd be struggling, kicking and clawing to get out and get a breath. But for most of us, we don't realize that we are breathing improperly and as a result creating an unnecessary level of distress in the physiology as well as the mind.

So if you want to have a shift in the physiology, there are two ways to do that. One is to change your physical posture. So really, what I would recommend right away is just notice how you're sitting. Sitting in a more upright way so that your head, neck and trunk are in an alignment, that's great. I actually, when I am with people, I'll have them stand up and do a little bouncing from Qi-gong, where you just kind of bounce with flexing your knees up and down a little bit. You have to go up and down off your heels, bouncing up and down gently at the knees for a couple of minutes will completely change the energy pattern in your body.

Also the fact that you've changed your physiology, your posture is huge. If a person is stressed out you're going to see it in their physiology. If they relax their shoulders, if they put their shoulders back a little bit, tilt their head up, and take a deep breath in and let go, what's going to happen is they'll have an immediate shift in their posture, immediate shift in their physiology and they'll quickly feel much better. Now, the physical pathway onto this is in the mind.

And generally the reason that we are anxious or stressed out is we have an image in mind of something that's coming that we are not going to be able to deal with. There is some sort of event on the horizon that we are projecting ourselves into. And by going there and imagining this is going to be more than I can deal with, you know, I don't have the money for it or something bad is going to happen or what if I don't do well in that situation. By leaving

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the present moment, projecting into a situation, the future in which you imagine you don't have the resources immediately, your physiology is going to react to it. Because we are having a fully associated sense of something bad is going to happen.

So to change that, you can come to the 'here and now'. Be fully present. Spend more time in the present moment visiting the future and visiting the past occasionally, but if you could just be in the present moment, what you'll discover is right now, everything's ok. You're fine right where you are. Now, those are great techniques that you could run.

And the quickest and easiest is to do both of them simultaneously by simply noticing your breath. If you'll take a deep breath in, exhale and let it go. And then start breathing in a rhythmic way so that the inhale and exhale are without any pauses between them, without any jerks, without any pauses, just one flowing into the next and have them become of a similar length so that the inhale-2-3, exhale-2-3 is approximately the same length and duration. They can be as long or as short as you want but by moving it in a slow rhythmic cycle with the inhale in and the exhale combined without any jerks or pauses. Immediately your mind shifts and immediately your physiology changes. So anytime, I want to bring a person to unstressed state, the first thing I do is I'll say, pay attention to the breath.

Can I share one quick story with you?

Kay Grace: Oh, of course! Sure.

Paul Scheele: I had a woman come to see me on her brother's recommendation. She'd been to a psychiatrist for 20 years for depression and he said, "Paul, you know you've done so much great work for me and my family. I wonder if you could see my sister and see what could happen?" So she came in, she sat down, immediately she crossed her legs and she crossed her arms over her lap and she looked down to her right. So you can imagine this kind of hunched over, kind of you know turned down looking down to the right.

So I said, "Well, before we get started, what I'd like to ask you to do is put your feet flat on the floor, sit back, put your hands on your lap, so uncross basically and look up on the ceiling a little bit or higher on the wall, look up there and now tell me something about your depression." And she said, "Well..." And she immediately crossed her arms and legs in the same posture and looked down to the right!

Kay Grace: Whoa!

Paul Scheele: I said, "No, no, no, no, no, no! Stop, stop, stop! Go back. Put your feet on the floor. Hands on your lap and then look up."

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Kay Grace: Wow!

Paul Scheele: Then tell me about your depression. And she looked at me, she said, "I can't."

Kay Grace: Whoa! That is amazing.

Paul Scheele: She said, "I can't sense it in my body." Now, this is a powerful extreme example but it's tremendous how easy it is to break that loop that a person is in. We call it an AK Loop. It's an Auditory Kinesthetic Loop. So a person feels that so they say something to themselves like, "Oh I really feel bad." And then they feel what that bad feeling feels like even more. Same thing happens with dogs. When they bark, they bark because they're nervous, and hearing themselves bark makes them more nervous and so they get into this loop, Auditory Kinesthetic - Auditory Kinesthetic, just keep bouncing back and forth. Little babies are crying with crocodile tears. *(Makes howling-crying sounds)*

Kay Grace: Yeah.

Paul Scheele: If you say oh look and you have them look up to the ceiling, it changes that Auditory Kinesthetic back and forth.

Kay Grace: Wow!

Paul Scheele: And immediately the crying stops. Of course they'll look back at you saying, "Hey! You just took away my game here. *(Both laugh)* You're in my stuff." But it's really easy to make a profound shift very quickly.

Kay Grace: That is amazing. I have a cute little thing that I do myself. We have a statue of a kind of the round and abundant Buddha or Ho-Tep in our kitchen and he's got his hands above his head and he's got a giant smile on his face. So when I'm feeling less than good, sometimes I'll go in there and I'll just stand like he's standing and do a fake smile to the best of my ability. And if I hold it for about 30 seconds, everything shifts.

Paul Scheele: Yeah. It's great.

Kay Grace: Well, it's a lot of fun. I didn't know that was a real technique. I guess there is always more to learn. Ok.

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So another common problem that people have, I know this has kind of been part of your life's work as well, is just feeling stuck. When you ask someone, they say, "Oh, I'm just stuck! I keep doing the same things. I meet the same kind of people. I procrastinate. You know I can't seem to move forward in this way or that." So maybe you have a story or your best way that you would recommend people use to get unstuck.

Paul Scheele: Well, certainly I would like to focus on this idea that the human mind is a great tool for you to be able to use. And I am going to give an extreme example here. There was a woman that came to see me who had worked with me years before quitting smoking. And she came to me because she had just gotten a diagnosis that she had a degenerative arthritic condition in her spine. She's a very active woman and she was told that she was going to be confined to a wheelchair. So no more tennis, no more golf, no more work. I mean she loved dance, it was just a horrifying thing for her to imagine.

So could I help out in any way? And I had her sit down and had her just close her eyes and go inside and contact the part of her that was in charge of this behavior, behavior being the creation of degenerative arthritis. And I asked very simply, what is this intended to do for you? What is the benefit? So instead of looking at it as "Oh, this is a horrible thing!" Rather say, "Oh. Well the mind generated it. It must have done it for my benefit in some way. What is the benefit?" And very clearly her mind said, "To get her to slow down."

Kay Grace: Wow!

Paul Scheele: I thought, yeah. Here she is. She is a mom of 2 teenage daughters. She does everything for them. She's a professional realtor. She's in all kinds of civic organizations, community groups.

Kay Grace: Wow!

Paul Scheele: She's just go, go, go, go, go, go, go! Does she get any help from any one in her family? No. She does dishes, she cooks the meals; you know all this.

Kay Grace: Hmm. Sounds all too familiar!

Paul Scheele: Yeah. So the next question was if there were other ways to get her to slow down that would allow her to slow down and enjoy physical health what would they be? And the mind generated several options like asking for some help, getting her daughters to help out, so on and so on. Letting go of some of

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the things that she was really not loving to do, but she had committed to. So being able to say no to some things.

And guess what? Next time she went to her neurologist, he said, "What have you been doing!" *(Both chuckle)* She said, "Well, it's kind of a meditation thing." Well, keep doing it. It's working." And she never succumbed to the illness. So it basically disappeared.

Now the idea here is a simple one. Rather than addressing something like that from a position of fear, realize that there is a positive intention and how can you start to engage what it is that is being created. Everything that you see in your world is your creation. And it's your beautiful creation. It's not your horrible creation; it's your beautiful creation to produce a certain level of feeling, a certain level of experience that you have chosen to create in this world.

So if you would like to create something else, it's not about hating your creation. It's about saying what else is it that I could create that I would choose if I were to choose something different? And that way we begin to engage the possibility of something better can emerge the same way you brought about this you can bring about something different. And extremely profound life altering changes can occur in beautiful gentle ways when you do this sort of thing.

Kay Grace: Totally makes sense to me. Not judging is so important when you are working in any arena of the mind.

Paul Scheele: Well, here's the twist to that. Actually judgment is your perfect creation. It's the way in which you hold the world together. Beliefs are the ways in which you keep consequences attached to judgment. So if you want to have a different result, it's not so much about not judging, it's about appreciating. So the fact is that the mind as you've created it is always judging. Its always looking at literally in an instant of a second is creating judgments and bringing up beliefs associated with it. Now that's what you use to hold your world in place.

Now if you want a new world to emerge, it's not about judging as much as being in the position of being the creator once again. So the thing that we fear, if we can affront it, we get a double positive whammy. You get to see if you appreciate, "Ho! This is my perfect creation. This ceiling is my perfect creation. This result is my perfect creation." When you start to appreciate it instead of judging it as good or bad but just embracing it as good as your creation, judging it if you will, as your perfect creation, then the moment that you do this, you get this positive double whammy.

Number #1, you get to reclaim the energy that you've put outside of you, made it appear as if it wasn't yours.

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Number #2, you get to reclaim yourself as the creator of your life.

Remember how we started out this conversation is that if you see that your mind as your tool that you're using, it's a powerful ally and a servant. If it's in charge of you, *(Chuckles)* it could be a cruel master. So this is the place where you start to appreciate whatever it is that's going on in your life, you get this double positive goodie that opens up to you.

Kay Grace: I like that. I really do. That's just beautiful. Now, we can talk a little bit about the little voices in our heads. And we talked a lot about this threaded throughout the call already. But I know that sometimes they can be really powerful and my focus in asking the question is really how to honor my feelings when they come up, when these voices are at me without letting those actually take me over? What kind of lifeline can we grab in that moment when you've got the inner critic thing, "You idiot why did you do that?!" And you're not in that appreciation mode yet. You've got a quarter of a second. What can we do?

Paul Scheele: You know this is the thing that I realized years ago and the reason I created *Paraliminal Technology*. It was based on this idea that if you don't like the voices in your head, put new ones in there or put more of them in there. *(Kay laughs)* And you know it's not about doing battle with that inner voice or that inner critic, it's about really training it to have something else to say.

Because realize that inner critic is doing one thing very, very well. It's trying to protect you from getting yourself in that situation where you might fear that you might fail at. So it's actually pointing these things that you fear. We could call it our paradigm, we could call it our mental model; we could call it the ego. The ego really wants us to stay alive and live small and stay safe. And if you're living large, if you're making a big difference in the world, you're going to be in a lot of situations, where the ego is tremendously at risk. There isn't anything in the world that can really harm you. You know you're here as a spiritual being to have the experience. So what can possibly harm you? There is really nothing that can harm you. So go ahead and live large. Of course, that little voice in there is going to say, "What! What if you fail?! You are going to blow it, you cuckoo. You don't even know why you could get yourself into this, this is terrible!"

So when all those voices are running, what I say is, put on a *Paraliminal* recording and put more voices in there. I'll be there guiding, you adding several voices in left ear and right ear simultaneously, the *Paraliminal Technology* is designed to do that. And certainly it's not about letting the ego take over but it's really letting your higher self take its role in the world that you have lived your entire life up until now, in order to bring forward. You know, this is the time and the world is hanging in a balance right now and it's happening under our watch. Don't you think its time for us to do whatever it takes in whatever way it takes? And certainly by listening to this call, you

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know you've been called to something even greater than has been experienced by you up until now.

So if you go to sleep at night, ask yourself, "What is the bigger yet-to-be that is that is trying to express itself through me as me right now?" And when you awaken in the morning, ask that same question. "What is it that I know that I'm here to do in this world today?" When you do this sort of thing, you get into this conversation with yourself, you really begin to realize that it's not the thing I'm trying to get rid of, it's a protector that I need to use to help push me in the direction where I can make the most of my time here in this world.

Kay Grace: I really like that approach of adding the voices. And I do have to do a little miniature plug for the *Paraliminals* here. I've just been amazed at the results! And you know I've spent a lot of years studying this, from the holistic healers and through lots of schools and all kinds of things. And this was really one of the most powerful things I have done. So anybody listening to this, do yourself a favor, get over to www.reclaimyourgenius.com and just let your heart pick the one/ones that are going to work for you. So, just had to say that.

I think it looks as if we are getting to the point where we are coming down to the live session. So although this series is called ***Stress Free in 7 Minutes***, it is broader than that and we've all seen that, so if you'd be willing to do a live mini-session of any kind that you think would be of help to people, we'd sure appreciate that. So how about it?

Paul Scheele: Let's do that. Let's just relax for a moment.

- Relax your physical body and sit or lie back comfortably and take a deep breath in and as you exhale close your eyes. And let your attention simply come to your breathing right now. *(Take a moment to do that)*

- Slowing your breath and feel the rise and fall of your chest on each inhale and exhale. Allow the body to become still. *(Take another moment to do that)*

- Become aware of what you're feeling right now. Scan your body and simply notice whatever you are now feeling. *(Take another moment)*

- Simply feel the feeling exactly as it is right here, right now. Feel the feeling free of any thoughts or judgments that you might have about it. Feel the energy, the power in the feeling. *(Take another moment)*

- The energy has vibrations. Notice the energy that vibrates through your body, the intensity of energy's power. It is your power. *(Take another moment)*

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- And now feel love for the feeling just the way it is. Feel love and appreciation for the power in the feeling. *(Take another moment)*

- Now feel love for yourself feeling this experience. Feel love for yourself feeling the power in this feeling, in this state of being. This is the place before thoughts arise. *(Take another moment)*

Before thought, there is an energy and a power, and essence that you are. You have opened your access to the infinite flow of your power and abundance. You're here now having created this voice to guide your further connecting in consciousness to the abundant power and energy that you are awakened. You are now opening even more of your abundance, opening your power, reclaiming the energy that you locked down through years of trances, beliefs that were limiting, thoughts, roles, identities with which you have kept yourself living small. Reclaiming now the energy to express the true joy of your existence in this human form, playing without limit, fully, abundantly and powerfully in every way. The time you have taken to connect to these thoughts to inform you, and form in you the thoughts that govern the spontaneous actions of your thoughts, feelings and actions are fully in alignment for your highest good to manifest the life you choose now.

There is no doing to be done right now, just being. Just be in this truth of life, of love, this energy right now. Feel the power and abundance of your life. This stillness of your thoughts, the quiet space between your thoughts, everything in this moment, perfect in every way. You are in this moment participating in the creation of an expanding universe. You are this moment, this perfect presence now.

Notice your hands and feet and gently move them, move your head and stretch your arms, open your hands and bring them to your face, open your eyes within the palm of your hands, open your eyes under your hands, and then slowly drag your hands away from your face. Move your gaze into the world around you. Relaxed. Refreshed. Alert. Enjoy this magnificent experience of who you are.

Kay Grace: Thank you. Great. You have a gifted voice. I see that. Well, you have given us a lot already, lots of things to think about. I really encourage everybody once you receive the audio, listen again. We have some amazing things here that we've learned today. I also want to ask Paul, is there anything else you want people to know? Is there a single most important lesson you want to get across that maybe you didn't mention? Or just simply some thoughts or things that you'd like them to know about?

Paul Scheele: Certainly. We are walking around in trances in certain areas of our lives. We are experiencing a lot of abundance and success in some areas. But in any area of your life where you may be stuck because you have accepted the trance that has limited you, it's that *I cannot*. And as soon as you hear that sort of thing coming through you, it's time to start awakening and realizing

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in how many ways can you do that thing? In how many ways can you have the experience that you choose? And as soon as you start to engage in a new set of questions, you start awakening. And that's the beauty. It's always available to you, the magnificence that you are as ready to be experienced in its fullest right now.

Kay Grace: What you said is awesome. That is a great takeaway. I am really going to remember the idea of the *'I cannot'* trance. And asking a question instead, "How can I?" That's amazing. I want to be sure that everybody who wants to learn more about you or perhaps attend a seminar or get hold of those *Paraliminal* CDs or signup for your letter. That's something I did want to mention. He started an Ezine newsletter and that you should sign up for it because it's really awesome. And that is also at www.reclaimyourgenius.com. Is there anything else or anywhere else that you want them to know about, Paul?

Paul Scheele: Well, any other links that may be on there. Certainly, there's a listing of all of our products that are there. And definitely take a look at the materials that are on it. Appreciate it.

Kay Grace: Ok. It's a lot of fun to read through the website everyone. So do take the time and enjoy that. Paul, I do want to thank you from the bottom of my heart. This has been great. It's a lifelong dream of mine to bring tools to people that I myself really needed. And so you've been a really important part of that. And I'm very happy that you're here in Minneapolis. And hopefully our paths will cross again as well.

Paul Scheele: Sure of it.

Kay Grace: And I do want to thank all of you who are on the call. And I think I might have figured out I pressed the wrong button before so I'm going to give this a whirl and see if we can allow you all to say goodbye to Paul and say thank you. Also if you do have a story or something interesting that happened for you on the call or you want to tell us how it helped you, or you want to say something great about *Paraliminals* or something that you've experienced with Paul, please send an email to me, and I'll share them all with Paul, to kgrace@energyexpress.com and I will pass that on. So now I'm going to try to un-mute everybody and I want you all to say thank you to Paul. So let me take a moment here. *(Presses the button)*

Everyone: Thank you!

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Kay Grace: All right everybody. Thank you so much. And Paul, if you could stay on the line for a moment, we'll do our sound thing.

Everyone: Thank you, Paul.

Kay Grace: So thank you everybody. I really appreciate you being here. It's great to have you all on the call. And have a wonderful evening. Thank you so much.

(End of teleseminar)

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"Print these Pages and use this Notes Sheet to make it easier for you to follow along during the 'Stress Free In 7 Minutes – with Paul Scheele & Kay Grace' teleseminar!"

~ Paul & Kay

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1) Mental Makeover: "What is a mental makeover and what is the most important thing I need to know about it?

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2) NLP, Pre-conscious & whole mind learning: "What are these and how can I use them?"

NLP:
Pre-conscious:
Whole mind:

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3) **Paul's purpose:** "Why do you do what you do – who would you like to see benefit the most from your work?"

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4) **Hidden power in fear:** "You say that our power is hidden inside what we fear most. How can we find and unlock this hidden power?"

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5) **Erase stress & negative thinking:** "What are your favorite ways to do this?"

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6) Getting unstuck: "What's the single best way you know to help people get unstuck?"

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7) Little Voices: "What if I have all these little voices in my head creating doubt, and worry, or the inner critic beating up on me? How can I honor my feelings without letting them take me over?

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8) Key lesson: "What would you consider to be the single most important "Inner Game" lesson you want to get across today?"

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9) My best Take-Away for this teleseminar is:

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10) Action I will take this week, based on what I have learned:

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