



**A** frequent analogy I use in my hypnotherapy practice alludes to the power of your mind being like a sharp chef's knife. In the hands of a master chef that knife is wielded in ways that can create the most sumptuous meal, and conversely, that same knife in the hands of a toddler could accidentally lop off a finger. When consciously used and appreciated, the power of your mind can serve your intention and desires, but when unconsciously expressing, the haphazard use of the mind can be a source of torment imprisoning your capacity to fulfill.

The following Do's and Don'ts use the conscious application of your mind power to crush the inclination to be intimidated or paralyzed by doubtful moods, thoughts or identification.

## 5 DON'TS & DO'S THAT CRUSH DOUBT

### Don't validate doubtful thoughts.

It's okay to have doubtful thoughts however validating them by considering them is what amplifies their significance leading to paralysis of action or follow through.

### Don't personalize doubt.

Often, doubt is really not about lack of faith or resolve in your ideas, self or pursuits, but rather, it is a "neurological phenomena" – see associated DO to understand this reality.

### Don't accept doubt's initial occurrence.

Understanding that doubt is largely the brain not yet having wired in the reality (acceptance) of the idea (to attain a goal, change a situation, etc.), resist taking doubtful thoughts seriously recognizing it is a neurological thing and not a personal issue of inability.

### Don't trust the senses.

Our sense's in the larger scheme of life are only designed to navigate the material reality of life; NOT to determine that reality! Senses are too gross in their nature to detect the subtler realities of life (do any of your senses actually detect an idea? Even oxygen isn't detected by the senses!) If our senses don't yet detect (see) something, they can write it off as not possible or not "real," substantiating doubt's claim on the psyche.

### Don't compare yourself to others.

This is a most unfair treatment of yourself. The ego's tendency to foment doubt when comparing itself to another's perceived progress or seeming ease of accomplishment is invalid because the ego by its very nature is VERY narrow in perception!

### Do neutralize doubtful thoughts.

Simply internally respond to doubtful thoughts with, **"thank you for sharing"** to the doubtful thought! This response renders the thought innocuous; of no consequence. This response technique is not about ignoring negative, doubtful thoughts (you can ignore something out of fear – we've all been there!), but rather, you are refraining from validating, giving credence – power – to the notion of what the doubtful thought represents. This potent technique drains the power out of doubt by not feeding it with your validation.

### Do understand the "brain's language"

70% of doubtful thoughts, feelings and perceptions is really the brain communicating that the desired reality (that is in doubt) has simply not been "wired into" the brain for it to acclimate to the acceptance that the desire represents. In other words, doubt itself is not "doubtful" but the brain reflects that until the idea's reality has been wired in which becomes acceptance.

### Do acclimate the brain to acceptance.

Preparation is what wires in acceptance of something. Engage more understanding of the desired endeavor through study, planning, desire-oriented activities, counseling, etc. This is the effective response to doubt; wire in the reality of the thing rather than fearing the doubtful impulse!

### Do trust the "seed" of your idea.

Knowing that your senses are simply not equipped to detect possibility; trust that your idea (to attain a goal, make a significant change, etc.) is the very seed of its fruition, yet to evolve into the density of sense detection. This awareness sustains your motivation to see something through until it "manifest" (becomes sense detectable).

### Do recognize scope of another's journey.

The reason it is unfair to compare yourself to another's journey is because no matter how much of another person's life you witness – you are only skimming the surface of ALL the elements, nuances, history and impacts that contribute to another's reality that results in the appearance of what your ego uses to compare. Comparison fatally takes your eye off your own prize and the sustained focus it requires to make YOUR dreams reality!

