

T R A N S C R I P T

Dancing with Bob Part 3

In this lecture you will learn that there are 3 worlds or psychological states that you and I have access to. The 1st world is the Supraconscious, a state of total harmony and detachment.

The 2nd World is the Conscious state. An empty mind state martial artists find themselves in when they confront their opponents. There is no fear judgement, or discrimination, no words. Just a highly focused state of observation.

The 3rd World is the Subconscious. It is the world of thoughts, data and imagination. And there are 3 levels in the Subconscious.

The 1st level is a state of comprehension. You're currently in this state right now. No strong emotions, just trying to understand what I'm saying.

When you make a decision, and weigh the pros and cons, you are in this state. When you are thinking calmly, you are also in this state. A pretty good state to be in.

The 2nd level is a state of confusion. We can be momentarily in a state of confusion, when we do not know what to choose or do in a situation; if we are late for instance and trying to catch a train, not knowing on which platform the train leaves.

People can also be in this state for longer periods of time. When they do not have a goal, have no enthusiasm

in life, don't know where they're heading for. Also when they are bombarded by conflictng data in their brain.

The 3rd level of the Subconscious is a state of feelings or emotions – good and bad. It's a state where we react involuntarily to outside stimuli or situations.

You can be happy, sad, frustrated, joyful, discouraged or depressed in this level – INVOLUNTARILY! You have absolutely no control – like in the 2nd level, the state of confusion YOU ARE AT THE MERCY OF SITUATIONS AND YOUR ENVIRONMENT.

The only level where you control things and your emotions is the first level of the 3rd World. And of course in the Supraconscious and Conscious world.

Here's a great example of a violent, angry boy shifting psychological states ...

One day we saw a boy crying and screaming hysterically on the floor of a supermarket. It was very apparent that he was upset with his Mum for not buying him something he wanted.

It went on for sometime and Patti and I decided to intervene as the boy was becoming highly aggressive in his behaviour kicking at anyone close to him.

I took out a one euro coin and began tossing it in the air in from of him. I kept throwing the coin up and catching it with either my right or left hand.

This caught the boy's attention and he was instantly propelled to the 2nd World – the Conscious state. He

immediately stopped shouting and stared at me and the coin that was being tossed.

After catching it in one of my hands I asked him where was the coin. In my right or left hand? To decide he found himself moving from the Conscious to the state of comprehension on the 1st Level of the 3rd World and said that the coin was there (pointing to it).

I then opened my right hand – but it was empty. This threw him in a state of confusion – as the coin was in my left hand.

I then threw the coin back up in the air and he shot back to the Conscious state – the 2nd World.

I caught the coin with my left hand but slightly moved my right hand. This time he decided in the 1st Level in his state of comprehension that he didn't want to be tricked again and quickly pointed to my left hand, declaring the coin was there.

He was right this time and plunged joyfully into the 3rd Level – a state of total spontaneity.

The story of this boy shows how psychological states are shifted from one level to the other. And here's an image to demonstrate this.

This is to remind you to practice changing worlds or psychological states till you've built your reflex and be able to trigger it at will with the snap of your fingers.

You know now, that whenever you're feeling angry, sad, frustrated, vulnerable, fearful or disappointed, you are in

the the 3rd level of the 3rd world and getting whack by Big Bad Bob. Time for you to change states if you wish to get rid of those negative feelings or emotions. You decide how you want to feel at any moment.

In the next lecture you will discover what your real objective is in life. Talk to you then ... Take care.