

***Tame Your Brain for Success By
Using The Patterns of Life, Language, and Belief***
~ *By Jan Tincher*

Here are three Patterns of your life. The Pattern Of Language, The Pattern Of Physiology, and The Pattern Of Belief/Focus.

Understand and use these patterns to succeed.

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About the author

Jan Tincher is a Master Neuro Linguistic Programmer. She is an award winning author and has written hundreds of articles on the subject of NLP. Visit her website at <http://www.tameyourbrain.com>

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The Pattern Of Language For Success ~ By Jan Tincher

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It's so easy to feel successful that many successful people wonder why others don't feel successful most of the time.

Actually, the answer is simple.

It's normal to feel unsuccessful, because we are usually programmed to think we can't feel successful "all" the time -- some even think it's not healthy, that we should have the downs so we can have the ups. (And in some cases this is true, but why not take charge of your feelings so that you have more successes than failures to look back on?)

And guess what!

People usually go along with that thinking! Why do they do that? Probably because they have the continual experience of having their mind go to their failures.

Why?

Because many don't know the strategy, the way to feel successful -- consciously.

For now, let's start with the basics. The feeling of success is an emotion, just as the

feeling of failure is -- and they are an emotional pattern you have developed, just as all emotions have patterns. You have an emotion, then you form an emotional pattern.

These are the three patterns that govern our lives:

The pattern of how we use language -- words and tonality.

The pattern of how we use your physiology -- our body language.

The pattern of what we focus on -- the things we believe.

Those three patterns make up our emotions. Successful or unsuccessful feelings/emotions are learned and contributed to daily. Then, sooner or later, a pattern is formed.

We all have a pattern for success, but many of us use the pattern for failure, much more than we do the pattern for success.

If you're happy, stressed, afraid, upset, or any other emotion, you're using your thoughts in a certain way. You're saying certain things -- outside and inside your head -- in a certain way, a certain pattern.

Regardless if you are thinking or speaking or hearing, certain words said in a certain way trigger you. When someone yells at you in a way reminiscent of when you were growing up, you react the same way you always did -- good or bad. Why? Because it's a pattern you've learned.

If you want to be successful, but you are feeling like a failure, I suggest that you don't "do" the emotion of failure anymore.

How would it feel if you actually were successful most of the time? You would stop saying those things in your head that trigger failure, right? Why not start your

new success pattern by making a new trigger, one that would actually trigger a good feeling, a feeling of success, whenever you started to feel failure?

(If you don't know what a “trigger” is or if you don't know how to trigger, you can learn both here: [Http://www.tameyourbrain.com/learneasier_triggering.htm](http://www.tameyourbrain.com/learneasier_triggering.htm)
Learn how to deactivate old triggers that get you nowhere here:
<http://www.tameyourbrain.com/deactivatingtriggers.htm>)

You want to be in a productive, successful state all the time? Then, it's up to you. No one else can do it. No one else can bring you down, either. (Pay attention to what brings you down, and deactivate that trigger.)

A hero is a state of mind. Be your own hero. Learn those certain words that magnify a certain emotion. Learn those certain words that lower the intensity of emotion. Learn those certain words that change your state. Start taking charge of your emotions. Check out this article “Roll Out The Red Carpet”.
[Http://www.tameyourbrain.com/rollredcarpet.htm](http://www.tameyourbrain.com/rollredcarpet.htm)

Have you heard motivational speakers? They move you with certain words and with the intensity in which they speak them. Well, guess who's moving you every day, moving you up AND moving you down? You are! Notice the keywords that make you depressed or get you excited. Most of the things you believe start with the very first time you heard them, said them, thought them with emotion. (Then, they are repeated again and again. Now, you believe them.)

Our Pattern Of Language is important to us. Once we realize how it affects our friendships, our relationships, our lives, and, yes, our success, we pay more attention to it. Learn just how important your Pattern Of Language is, then utilize that knowledge every day.

Thanks for reading.

The Pattern Of Physiology For Success

~ By Jan Tincher

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We dealt with The Pattern Of Language For Success. Now, we will deal with The Pattern Of Physiology (Body Language) For Success.

Again I will mention the basics. The feeling of success is an emotion, just as the feeling of failure is -- and they are both an emotional pattern you have developed, just as all emotions have patterns.

These are the three patterns that govern our lives:

The pattern of how we use language -- words and tonality.

The pattern of how we use our physiology -- our body language.

The pattern of what we focus on -- the things we believe and think about.

Those three patterns make up our emotions. Successful or unsuccessful feelings/emotions are learned and contributed to daily. Then, sooner or later, a pattern is formed.

We all have a pattern for success, but many of us use the pattern for failure, much more than we do the pattern for success.

As you learned earlier, if you're happy, stressed, afraid, upset, or any other emotion, you're using your thoughts in a certain way. You're saying certain things outside and inside your head -- in a certain way, a certain pattern. You are also standing a certain way. Your body has its own way of dealing with emotions.

Regardless if you are thinking or speaking or hearing certain words, thought, said, or heard in a certain way, those words and/or actions trigger you. When someone yells at you in a way reminiscent of when you were growing up, you react the same way you always did -- good or bad. Why? Because it's a pattern you've learned. A pattern that says when “this” happens, “that” happens. The words are “this” and the action is “that”. You are triggered for the next time “this” happens to do “that”.

Again, if you want to be successful, but you are feeling like a failure, I suggest that you don't “do” the emotion of failure anymore.

How would it feel if you were successful most of the time? You would be standing a certain way, your eyes would be looking at someone in a certain way, your heart would be beating a certain way, your breathing would be a certain way, you would or would not have a weight on your shoulders/chest/head/stomach, a certain way, your shoulders would be a certain way and you would have a certain facial expression.

Here is an exercise for you:

Stand in front of the mirror and imagine how you would feel if you accomplished something you never thought you could -- but you did! Check it out.

How are you standing? Is your spine straight? Are your shoulders back? Are your legs close together or spread apart?

Where are you looking? Are you looking right into the eyes of your reflection?

Are your eyes bright and excited or calm and confident?

Is your heart beating just a little faster or is it slower?

Is your breathing slower or faster?

Is there a feeling of a weight being lifted off your shoulders/chest/stomach/head?

Are you smiling confidently, brilliantly, or do you have a sober expression?

None of the answers are good or bad, they are just the answers that hold the key to your success. If this is how you look when you are successful, then this is how you should look when you want to feel successful. When you've got everything successful going on in your body and your mind, then everything has a great chance of being successful in your world.

You want to be in a productive, successful state most of the time? Then, it's up to you. No one else can do it. No one else can bring you down, either. (Pay attention to what brings you down, and deactivate that trigger. You were shown earlier how to do that.)

A hero is a state of mind. Be your own hero. Learn that certain way of feeling that magnifies a certain emotion. Learn that certain body language that changes your state. Start taking charge of your emotions.

Remember the motivational speakers and how they move you with body language as well as words and the intensity in which they speak them. Remember who's moving you every day, up AND down. You are! Notice the feeling you get when you stand a certain way that makes you depressed or gets you excited. Use that knowledge.

Check out this exercise:

Stand in front of the mirror and imagine how you would feel if you felt like a failure.

How are you standing? Is your spine straight or bowed? Are your shoulders back

or down or forward? Are your legs close together or spread apart?

Where are you looking? Up or down?

Are your eyes dull, nervous, twitching?

Is your heart beating just a little faster or is it slower?

Is your breathing slower or faster?

Is there a feeling of a weight on your shoulders/chest/stomach/head?

Are you smirking, or are you sober?

None of the answers are good or bad, they are just the answers that hold the key to failure. If this is how you look when you feel like a failure, then maybe you might want to change those particular feelings to ones of success.

Our patterns are important to us. Once we realize how they affect our friendships, our relationships, our lives, and, yes, our success, we pay more attention to them. Learn just how important your patterns are, then utilize that knowledge every day.

Thanks for reading.

Jan

The Pattern Of Belief/Focus For Success

~ By Jan Tincher

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As you learned, if you're happy, stressed, afraid, upset, or any other emotion, you're using your thoughts in a certain way. You are saying and/or thinking certain things -- in a certain way, using a certain pattern. You are also standing a certain way, meaning your body has its own way of dealing with emotions. You are also remembering what you believe or are totally focused on. All of those three things make up who you are and what you focus on.

Regardless, if you are thinking or speaking or hearing certain words in a certain way, those words trigger you. When someone yells at you in a way reminiscent of when you were growing up, you react the same way you always did -- good or bad. Why? Because it's a pattern you've learned. A pattern that says when "this" happens, "that" happens. The words are "this" and the action is "that". You are triggered and the next time "this" happens you do "that" action. You "believe" when you hear "this" you will do "that". You don't believe otherwise, or you would do otherwise. What you believe, you focus on.

Your belief pattern makes up your life. Look around you. Whatever you believe is pictured in your life.

If you don't believe in eating chocolates, you have a very good chance of living your life without the experience of eating chocolates. If you don't believe in violence, you will shy away from violence. If you believe the fist is mightier than the mind, you will automatically be physical in your reaction to something you feel is wrong. If you believe the mind is mightier than the fist, you will stand back and come up with a way to think differently about the situation. If you believe that love conquers all, you will stand behind that belief 100%. If you believe everyone is out to get you, you will stand behind that belief also, and will automatically

prepare yourself for it all of the time -- until you change your belief.

Please realize right now that no matter what you believe, you attract that type of person or circumstance into your life that will support that belief. Do you like what you believe? Does your belief support you as the type of person you want to be? Sometimes the answer to that is no.

Then, what are your options? You are what you are, right?

Think about it for a minute. If you thought everyone was out to get you, you would be looking for that to happen. If you thought love conquers all, you wouldn't even think about, or concentrate on, someone being out to get you. In fact, you wouldn't give it another thought. If it happens, it happens, but who really cares? After all, if your belief is that love conquers all, then it will, or at least it always has in your book.

Here is an exercise for you:

Bring up your most basic belief. It can be about love, hate, jealousy, whatever.

Let's go with love first. Let's just say you think, believe, that love conquers all. The person next to you is worrying about something. Your thoughts might be something like "Why is she/he worrying?" You would be thinking that, why? Because you know/believe that if she/he had love in her/his heart, then that is what they would be focusing on. Worry wouldn't have a chance.

Now, for hate. If you had hate in your heart, it would be on your mind all the time. Your basic belief pattern might be something like, "I hate everything and everyone." When you hate someone, that person usually reacts to that hate, most often in a negative way. Guess what. You attracted that with your own thoughts, physiology, and beliefs. Am I saying that if you didn't have hate in your heart you wouldn't attract it in your life?

You bet that's what I'm saying. If it did come into your life for some reason, you

wouldn't react to it the way you used to. If hate didn't have your hate to bounce off of in the first place, it wouldn't get the same reaction, therefore it couldn't react in the same way. Think about that for a moment.

The same thing for jealousy. If jealousy was your basic belief pattern, then you would always be looking at what others have and what you don't have. That is your belief pattern and that is your life. If you have a spouse or significant other, you would always be jealous.

“But,” do you ask yourself, “How can I change? That's my belief pattern.” Keep reading.

Are you getting the picture. What do you believe? Whatever it is, it comes out in your physiology and your words.

How can you change that? Do you even want to change that? If you don't want to change and you have a negative belief pattern, you have to ask yourself why you don't want to change. You can work with that using “Releasing Your Thoughts”. [Http://www.tameyourbrain.com/releasing.htm](http://www.tameyourbrain.com/releasing.htm)

Remember, none of the answers are good or bad, they are just the answers that hold the key to your success.

A hero is a state of mind. Be your own hero. Learn that certain way of feeling that magnifies a certain emotion. Learn that certain body language that changes your state. Learn that belief pattern, what you focus on. Start taking charge of your emotions.

Here is a twist on last exercise:
Stand in front of the mirror and imagine how you would feel if you BELIEVED you were a success. Check it out.

How are you standing? Is your spine straight? Are your shoulders back? Are your legs close together or spread apart?

Where are you looking? Are you looking yourself in the eyes?

Are your eyes bright and alive?

Is your heart beating just a little faster?

Is your breathing faster?

Is there a feeling of a weight lifted from your shoulders, chest, stomach, head?

Are you smiling successfully?

What are you feeling right now? Carry that feeling with you for the rest of the day. See how different your day is.

Here is another exercise:

Check your beliefs in everything you do. Make a list of pros and cons about every belief pattern you have. If it has too many on the con side, maybe you will want to change that belief. Read “Do You Want To Change Your Belief Pattern?”

[Http://www.tameyourbrain.com/beliefpattern.htm](http://www.tameyourbrain.com/beliefpattern.htm)

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Thanks for reading.

Jan

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Thanks for reading, and I hope I've been of help!

Jan