



THE POWER OF STATE

Dr. William D. Horton, PSY. D.



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Inner Power

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What Would Happen If...

“You Could Learn the secret to Easily Create the Perfect Inner State to Increase Your Inner Power?”

I always start with the prep is, what can I learn?
What can I learn about my inner power today?
Right? What can what will be different? If you already know it? What's slightly different about it? How can I apply this new information? And what is my block you have any blocks that as we're working through this if anything comes up? And if so do you do kind of know what your coping mechanism is? And as always, what can I learn new today, and as always, even if it's sort of what you know what, what's slightly different.



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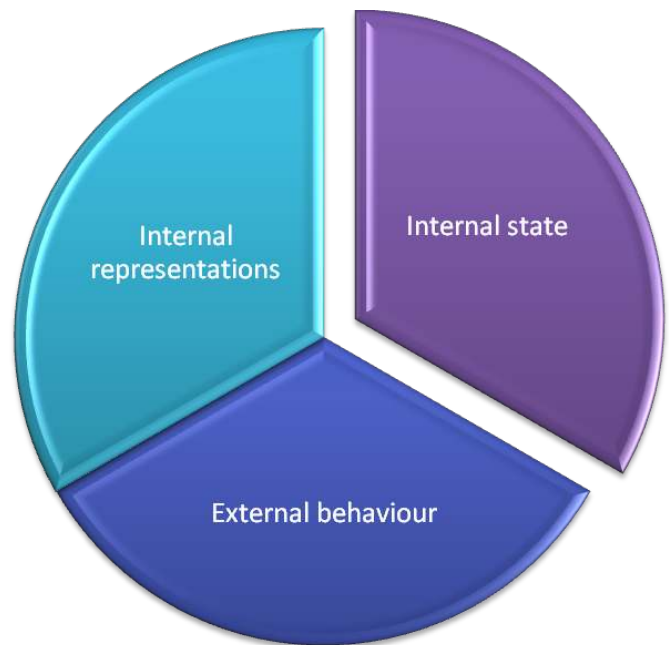
Because as we all know, you can hear the same thing several times, then finally, you hear it in a slightly different way. And it begins to make sense. Or you hear the same thing, but you're not ready for it when you first hear it. I was that way with a lot of Neville Goddard stuff. It took a while for it to sink in. What can I learn new today? How can I enjoy this material today? How can I have some fun? How can I grow today? And what can I do differently today?

What would happen if you can learn one of the secrets to easily create the perfect interstate to increase your overall inner power?

So it starts with Have you ever had a day where you were on fire, you could do no wrong, even in challenging situations, even when you screwed up, it ended up being brilliant, you know, whatever it is, you everybody's had that kind of day. Right? Right. And then we've had the day of the opposite, where everything seems to go wrong, even you couldn't do right, even if it's an easy situation, you know, it's just one of those days, you know, you leave your house, you forgot your phone data, it could, it could go on and on. So if you've had a day where you were on fire, great Canada Day where it wasn't where you weren't quite clicking, why, you know, you're the same person, correct, you didn't change dramatically between them. And many times you'll, you know, the day might even be split between being on fire and being stuck. So you're the same person. So is it the interstate you are in at the time that controls the external. Because really, when you think about it, a lot of these things are about the things we want in our lives, our desires. But most of the most of our wants one way to look at it slightly different. Most of our wants and desires are actually stated if you will, or the state will help you get it. Because when you get down underneath a lot of people want love respect or confidence that's a state and you can be in that state. When it doesn't seem like it. You know, you can do that same with success, which is kind of nebulous, but if you're in the right state you ever felt successful even if things aren't going as well as you want. And same with that big word of the nebulous word happy or happiness. You know, it's it when you're in the right state. You know, even when stuff goes wrong, you can roll with it.

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So if you can control your state you control your life, that's we got to know that but it's true. And those that can control their inner states are in a much better place, I would dare say those that can really control their internal states are usually an external control of situations much easier. Because when you're controlling your internal state, you're not at the whim of people, places, and things, right? Excuse my dogs, your experiences are filtered through your states, when you're in a good state, and some bad happens, you know, you roll with it, it's kind of you to take it differently if you're already in a bad state. And when something good happens, you do that, yeah, but what's going to go wrong, you know, waiting for the shoe to drop.



So as within so without, you know, your internal representations and your internal states feed off each other. And your external behavior can be a result of those. But at the same time, if you change your external behavior, it can change your internal state and your internal representation. Our dear friend, let me do my NLP thing. But our dear friend, Tony Robbins, you know, made him a millionaire talking about throwing your shoulders back, lift your hand up, and raise your chest, just one centimeter, he used to talk about the one-centimeter difference when your chest is up slightly and your heads up, you have a tendency to be in a more confident place. Right? When your shoulders are slumped and your heads down.

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You know, it can be it can externally, you know, that's an external thing, you're, you're in an external posture, that's the word I was looking for posture. That's not powerful. It feeds back into your rep systems and into your state and it becomes a loop. And sometimes you have to just change one of these, whether it's your internal state, and then that can change your external behavior. Maybe you change your internal how you're seeing things on the inside, which will change your state. Sometimes if all else fails, just change your external behavior. This is the old act as if you know because we all know if you're, when you see somebody depressed, they have the physiology of depression, and you carry yourself with your shoulders back in your head up, people assume you're confident, even if you're not. Right. Which one is it? It's all of these, right. But today, we're going to work on the internal state.

And we've tried to control our state, you know, forever throughout history, it's hidden in plain sight. But the big things we usually try to do to control our state are drugs, some kind of mood-altering chemical, coffee, sport, drinks, alcohol, other drugs hallucinogenics.

You know, there's a big movement in which I find ludicrous in the addiction field, where they use a hallucinogenic. You know, I can't think of the name of it. It's from South America. But it's, it's out there and people do it. Because only this is an aside. To me, it's fascinating that you're going to use a drug to fix alcohol or drug addiction.



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So, let's see, maybe somebody gave me the name of it. Hold on. Hold on one second. Clicking room. Yeah, I can't pronounce that. Whatever it is, are you saying I Wasco? I Wasco? Yes, yes.

You know, I don't know in the research it, I don't I'm not going down that path. That's another discussion. But it's just it's trying to change your state. And the state they're going for is a spiritual experience. Right? Great. But we've used meditation, we'll try to use metal, we will use meditation, or you can use meditation to change your internal state. Same with prayer. A prayer is a form of meditation, we could use hypnosis to change your internal state, and it does. Exercise changes your internal state. But what's interesting, usually, when you read a lot of the books about this kind of stuff, it almost becomes a one size fits all program. But what works for one person might not work for another. Meditation may work great for you, other people try, it makes them worse, or vice versa. It's so you got to kind of figure out what works for you.

And as surprising as it is, to me, there really are people who don't drink coffee. Right? My wife's one of them, you know, I just can't wrap my head around that. But you know, it's, it's just whatever, right? So, we try to change our internal state all the time. Right. And really, one of the keys is you set your internal state in the morning, right and you're whenever your morning is, you know, if you're working shift work or you're, you're on a different time, schedule, whatever it is when you wake up. Because what happens to most people, when they first wake up and get out of bed, you do the exact same things as you did yesterday.

Right, and usually have that first routine, maybe it's going to the bathroom, maybe it's whatever it is. But lately, how many people, you know, even before your feet hit the ground, you got your cell phone out, people are checking their messages or checking their face, whatever it is right? There, maybe they staggered down to the bathroom. But you have a ritual, we set those rituals.

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By default, usually, they're not consciously set, you just kind of started doing them. You do the exact same things as yesterday, and some of the research, I don't know where they get that number, but they think that about 80% of your thoughts. And they say you have about, you know, 60 to 70,000 thoughts a day. Again, I don't know how they track that. But a great majority of your thoughts are the exact same thoughts as you had yesterday.



And most of those negative, especially in our culture, right, we're trained to look for the negative part of that's where neurology is developed to try to keep us alive or looking for a problem. Right? if you're doing the same thing that you did yesterday, and you're having the same thoughts, but you want this metamorphosis in your personal life, you know that routine, you've got to kind of change it up. You got to think about what's your routine, because the easiest way we'll do this next week, the easiest way to change your routine is building on what you already got. If you build on what you got, according to the people that study habits, it's much easier to alter a routine that way than to create a totally new one. You have to think about your routine What do you do when you first wake up most of it, you're not conscious, you're just kind of going through the routine. But there are some shortcuts to an inner power. Right? There are some shortcuts to this inner power. And oh, yeah, Wayne mentioned, you make about 50,000 decisions a day. But most of those you're not aware of you're not. It's moved to a habit. So you're not thinking about when you're driving do turn left, you turn right in, especially if you work the same job over and over again, and your drive to an office or wherever you work.

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And so you do that over and over again, then like it's your day off, or it's a vacation or you're doing something different you get up and you find yourself halfway to work before you realize you don't have to go to work that day.

Right? It's because you're not thinking about you've made the decision somewhere in there. You turn left you to turn, right. Yeah, there was a process going on. So thanks, Wayne. So yeah, so what's your routine, we all have these routines. But there are a couple of things too simple things to jumpstart your inner power. So that's all we're doing today is this one. And what it starts with is that magic moment, because when you first wake up, you're literally coming to your senses. You know a lot of the spiritual tech say you're reborn every day. Because that first moment you're waking up, you have to search for who you are.

Have you ever been in such a deep sleep and get sobered up for it, it takes you a while to get figure out where you are and what's going on and what's happening when you're first waking up and the light hits your eyes. Even though your eyelids, begin to turn melatonin which is helping you sleep and cleaning your brain out. It's turning it into serotonin and dopamine, there are chemical reactions going on. And that's how you start waking up. It's also why if you sleep a lot of people, especially more mature people. If you sleep after much after sunrise, you start having different dreams.

Because has to do with the chemical changes that are going on in your brain. Your brain is partially awake, but you're still kind of asleep. And you might have much more vivid dreams, that hypnagogic kind of dreams early in the morning. But anyway, so you get woke up, right. You get to kind of search for who you are because your kind of a blank slate right then right? And most of us reach into the past and put it on today.

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Right? So we start thinking about who we are what went wrong, what's going to go on and you lay it into today. So you're putting the past into the now. Yeah. And so what's interesting about that is that useful to you if you're trying to make a change? Right. One of the things that we've noticed in the current environment. As we're doing this now we all know when the COVID 20 environment is it's disrupted your patterns for a lot of people.



Right, you're, especially if you went to your office Monday to Friday, or whatever you did, when your pattern gets disrupted, you're much more open for better changes if you choose to, because your brain searching for it, there's a person on the call who recently after probably 40 years or so of having the same kind of sort of routine, give or take, and, you know, retired from those positions. And there's a, there's a searching period because you're, you don't have the same routine, you have to go to the office to get dressed down at meetings, you don't have this, right. And so even those of us that aren't in that, because of COVID it's a great time to reinvent yourself. That's why a few months ago, I started that whole, you know, butterfly experiment because you're stuck in this period, so why not use it? Right? So, yeah, anyway, uh, so yeah, so but you're not, you're not your past, you know, the past has only control over your mental energy. But we do that, right, we start thinking about and again, even these things, which are basically God sends in a way our cell phones or the internet, you know, our computers.

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Most of us go back and kind of search for who we are, if you will, whether you're checking your Facebook, your messages, your Twitter, whatever you're doing, right, a lot of it's to reinforce who you are. So that magic moment is when we can begin to make those changes. And the easiest way is when you're first waking up if you self-questions because they set up your reticular activating system. And we all know, your reticular activating system is that part of your brain, which developed over millions of years to keep you alive, it's to search for threats, as their buddy Billy says, x existential threat in the environment, the lions, the Tigers, the bears, you know, warring tribes, and at the same time, so for threats to keep you alive. And it's searching for things to help your life be better, you know, mates, like-minded individuals, people in your tribe in your group, food, you know, things like that. So that's, that's the way your brain develops, that hasn't changed. And yet now, we're not necessary unless you're in certain situations, you're not scanning the environment for existential threats, it's going to kill you right now that most of us wouldn't notice it. If we saw it. That's why we end up getting hurt in some stupid situation.

And we don't really have to search for food. Thank god right now. It's early in 2020. Yet, in my opinion, so you know, I'm sorry. Tough crowd. I'm here till Friday, tell your friends. Um, but anyway, so yeah, so our brain, it's got that mechanism. And it's kind of just sitting there. We train it, how do we train it, what we tell it, what's important to us? You know, I always most of us use the analogy of a car for me, I'm a man, so I'll use a car. But if you want a certain kind of car, and you don't know what kind yet, and suddenly you say I liked this car; you'll see that car everywhere. Right? They before you wouldn't notice it, but now you'll see it everywhere, right? And then your brain will scatter out and find different versions of it if you will. It's kind of cool. It's why if, especially for let's say you're single.

And whatever kind of person you find attractive, you will see that that type of person in a room, you won't notice the other 99 people in the room, you'll notice the one you find attractive, whatever that parameter is for you.

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But you can train it on that, right. But the other thing with that your brain also develops because of the way we use language, when you ask a question, especially to yourself, your brain kind of goes into search mode. It wants to answer the question. So if you ask yourself certain questions, it's going to start tricking and tweaking your brain in a slightly different way. You know, because it causes your brain to in mind to try to problem solve, right? Because again, that part of your brain is deep. It's just trying to keep you alive. Right? if you ask yourself questions in the morning, and then you kind of mentor you mentally rehearse a new response if you're trying to change something. And if you focus more on the intention, and not just the goal, and try to do some new things. There's something especially on this call, I can say most of us are mature, mature, right? The older you get, the harder it is to try new things. Right?

If you bind yourself especially saying things like in my day, we had good music in my day, we did this. In my day, we walked eight miles uphill both ways in the snow to go to school, whatever.

You know, I like to do what I've heard lately is in my day, you know how hard it was to score a dime bag of dope. You had to sneak around and hide it and get it in it was mostly seeds. I'm kind of just so self-revealing here, right? Now you can go to the damn dispensary and buy it. These kids don't know. Yeah. But we got to try new things. Right. Um, so if you do that, you're going to be much more successful at reprogramming your brain to develop your inner power.

And one of the things I think it's for all to see, but very few really do. If you go to where you're appreciated, not where you're tolerated, you'll have a better life. Right?

I like the thing, the saying by Somerset mall. The funny thing about life, if you refuse to accept anything, but the best, you very often get it.

But most of us accept things that are almost unacceptable.

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Right, and then we'll justify it will rationalize it will do this. Right. But once you you know, whatever. What are your standards? As?

Again, I use Tony Robbins as an example. He said it. He was the first one I heard ever really say it that way about you want a better life? Raise your standards, what's your standards, but I would add not just raise your standards, find a group of people who have higher standards.

Because you may be saying is you don't always rise to the level of your dreams, but you will always tend to fall to the level of your peers. You want to be a high performer; you need to hang out with high performers. You know, those of us on this call that are in the hypnosis and NLP world.

Wayne, Billy Laurie?

Deanna, when you go to a conference, you ever noticed, like the guys that have the big practices, and they're really busy or hanging out with the guys that have big practices and a really busy? You know, it's just kind of what people do. And it's not that they're selecting anybody out. It's just that that's just what people do. You know, but if you hang out with high higher performers.

Yes, Billy says I need new friends. But you know, I mean, Billy could talk after we're done, he could talk about when you get into a high performing unit, like in the military.

If you will raise your standards to be there. Right. And that all in especially if you feel appreciated there, right, if you feel appreciated, but the trick with this is, do you appreciate yourself?

Right? Do you appreciate yourself? We can talk about this a lot about appreciation and that, but do appreciate yourself?

Yeah. Good point, Wayne, we'll talk about that.

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But two states the rapid results, which is appreciation and gratitude, we've heard about that forever. It's in the Bible. It's in the Qur'an, it's in the Torah. They'll talk about gratitude. And being grateful having a grateful heart having a servant's heart and all talk about the same thing. But it resets your reticular activating system. Because if you start looking, if you start thinking about things, you're grateful for especially simple things, your brain will have a tendency to look for other things to be grateful for. Just like going back to when you're on a good day, generally, it becomes easier to stay in a good day, because you're looking for things to reinforce it. When you're having a crappy day, you'll look for crappy things, you know, someone just says, Hey, how are you doing today? And you take it like what was wrong with you asshole, and you start a big fight, and nothing to do you just you were already there. And so your that filter just literally came down like that. And there have been many versions of the Gratitude Experiment where they have people practice gratitude, writing down things in a journal that they're grateful for taking a few minutes in the morning and being grateful. It shifts that the reticular activating system shifts your head.

But I forget who which person I was talking or listening to them talk maybe it was Jim Rohn. But he said the problem he sees people do is they make it so complex; you'll never follow through. You know, I'm going to write five pages of a gratitude list every day, right?

I mean, maybe you've got to the time maybe you don't. But what if you just take? I think it was Jim Rohn. Just take and think of maybe three things that you're grateful for in the morning, just three things and something simple. You know, like, I always think of my dog. My dog has this goofy smile. The big male Doberman right. Makes me happy. I don't know. It just makes me feel good. It's kind of a, I feel grateful. It's my dog. I like it. Right sunshine in the morning, good hot cup of coffee. Just simple things. And then I could go off on a tangent, but even that starts it in a different direction. Right?

Yeah, and then it does it like Wayne just posted there. It starts rippling go, you'd be grateful that the store clerk with all the tattoos is there.

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So you can get your coffee or you fill your gas tank, you know, when we're in a bad mood, you're thinking, how does the guy wear a tattoo on his neck or whatever it is, right. So again, it's it sets that. And usually, I talk about the Princeton study when it comes to this because its kind of links in bear with me. And the Princeton study is when they took some seminary students from Princeton, people that were going to become ministers or preacher, whatever, you want to call them, seminary students. And they gave him the task to go and they're going to give a talk or preach whatever term you want, they were going to go give a lesson on the Good Samaritan, you know, stopping to help the Good Samaritan from the Bible. Great. They brought him in, they were, you know, they have the time to read it. I think they had some time to prep their little talk. They're supposed to be like a 10-minute talk if I remember. Right, great. So then they all had their assignments to go give their talk on.

You know, on the Good Samaritan, okay, that was what was set up. Unbeknownst to the seminary students, they went and got the acting students from the theatre department, and hired them to play people in need, that would be placed in the way of these people going to go preach on being a good Samaritan. Right. And so what they found was from minor things to one person was literally laying there looked like they were bleeding and laying on the steps. Every seminary student avoided stepped over or went around the person in need so they could go preach on the Good Samaritan.

Right? The Good Samaritan, and including the one literally stepped over the guy that had supposedly like the broken leg, you know, and stepped over to get in the building because they were running late. That's the other they told them as they were leaving, oh, my God, we're sorry, but you've only got a few minutes to get there. So Hurry, hurry, hurry. So that set their reticular activating system, they were locked in on the goal of doing this.

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Talk on the Good Samaritan. So they lost the intention of what's the Good Samaritan all about, you know, being a good being mentor, being a friend being a pastor to somebody, right. And so it's kind of ironic, I don't know, whatever happened to the seminary students are probably in massive depression and in rehab as we speak.

But it can happen and we can lose it right. And it kind of goes with this. But so what I want us to think about this is our thing is the sole purpose experiment, is what we're going to do is part of this inner power. And I'll use money and success because to me, that's the easiest, but could be just about anything. But the sole purpose of money and success is to show gratitude or to show appreciation.

Right? It just if you can wrap your head around that. So and this is an easy one, especially any financial issues going on, or even could if you could challenge yourself, like say, for the next 30 days, while we're doing this course, every bill you pay every time you're paying somebody money when you can remember it. Can you rejoice that you're doing that? Can you mentally celebrate that, like you're making your car payment, you can say, Well, at least I get a car, whatever it is, I mean, it's the old gratitude thing, right? But mentally do it to kind of shift your thinking.

So that it's just the sole purpose. Because again, if there's a kind of a general thing where if you do believe in the law of attraction, it's going to be success, money, whatever it is you're working on, is going to be attracted to you because you're showing gratitude and appreciation for it. Not condemnation and upset upsetness is that word.

So, so again in the magic moment, when you're waking up and you're coming to your senses, when that Melatonin is being, or changing the chemical structure from serotonin, or from melatonin to serotonin toning tell, so get your body to release some dopamine to get you going.

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And you're searching for who you are? What if you change that? And you think I'm going to be different today than I was yesterday? I'm going to be different today than I was. Yes, you are anyway, I forget what percentage of your cells died during the night?

Do you know? And what is it?

Something like 50 to 60% of your cells in your body anyway, they're not human, you know. So it's kind of interesting. But what if you think I'm going to be a different person today. So you're basically being reborn.

And don't overlay your past into the noun, if you could separate it. And so you begin to ask yourself specific questions as you're doing this. So if you use those questions to set up your reticular, activating system, set system, you know, mentally and then mentally rehearse, practicing, being grateful when you're paying for your gas or your, your lunch, or whatever it is that you're doing. And then ask yourself, how can I show more gratitude today? How can I appreciate myself?

A lot of times people do the gratitude and the appreciation list. They don't list themselves. Can you be grateful for yourself? You know, can you be grateful for yourself?

Oh, I knew belly would have it. 90% of your body is parasites and bacteria. Unless you live in Washington, DC, then it's 99.9%. parasites.

Yeah, anyway, that's miracle Thursday anyway. But when you add your gratitude, can you just be grateful for yourself? You know, the little things that I'm grateful and getting my ability to walk without a limp back? You know, your tear my Achilles tendon, which threw my knee out again?

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Ah, you know that. So I get Can I do that? Right? Because, again, appreciate it? And how can I live with an attitude of gratitude? attitude of gratitude, right? If you do that, if you do that first thing in the morning, it will, it will help.

So the easiest way to do this, and I'm going to do it too, I want you to write those questions out on a couple of little pieces of paper, you know, and put one by your bed. So when you first wake up, if you wear glasses like I know Wayne wears glasses, people wear glasses, you got to reach for glasses in the morning, right? What are those questions are there? Right? If you put your cell phone by your bed as I do, because it's also my alarm clock, put it on top of the thing. So you've got to look at it. So you put it by your bed, I would say make a copy and put it in your bathroom. Because a lot of us be staggered to the bathroom first thing in the morning, and maybe by in my case by the coffee pot.

Right? with whatever questions on appreciating yourself and others on gratitude in general, you know, last few days, I'll self-disclose that because doing this stuff with this dance company.

It's refocused. How I'm even looking at this whole COVID situation.

You know how resilient most human beings are? I don't know about the rest of the world. I know here in the States. Very you're seeing a lot of resilient activity in businesses in people. I mean, those of us in the hypnosis NLP world, you saw a big switch to people jumping into online therapy or online coaching that wasn't doing it before. You know, some of it's driven by need because we couldn't see clients in our office. Sorry, I'm reading the quote, the things in the chat are kind of funny.

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So yeah, so but it's made me look at it differently because I am it's kind of a pain to me and I can get on a negative track. But I started thinking about like, what I saw this dance company do this whole theatre group by me how they were the first ones in the area to open and they're doing quite well and how they're doing it and how the directors are coping with it. You know, when I was talking to him like yeah, interesting, you know, my acting class that went from in the classroom and the stage to being on virtual. I mean, we're sitting some really cool stuff. And I can appreciate that, right? And then it gives me hope, you know, to keep going. So I want you to write those questions out whatever they are for you.

How can I show gratitude today? How can I appreciate myself today, please make sure you put you be grateful for yourself? How can I live with an attitude of gratitude? And just, I would say no more than five questions to start refocusing your mind.

So that's the assignment. And that's what I wanted to work on today.



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