



Education

## **Strategies for Success – Part 2**

# **Accountability: The Competitive Advantage**

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- In the last seminar of this series we learned how our brain functions when we are stressed and in reaction verses when we are calm and being responsible. We learned about our brainwaves and how to access calmness and creativity through breathing and meditation.
- This time we will go deeper to look at what causes reactions and how to stop yourself from going there, at least some of the time. You will learn how to empower yourself to deal with the tension in your life rather than being a victim of circumstances.
- If you didn't make the last seminar don't worry I will recap it before we get into the new material.

- “Thought energy” and it’s impact on ourselves, others and the larger community
- An interesting view of how our psyche works and how it impacts the choices we make
- Accountability – the key to success
- Compassion Model – how to handle your projections



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# **Strategies for Success – Part 2a**

## **Thought Energy**

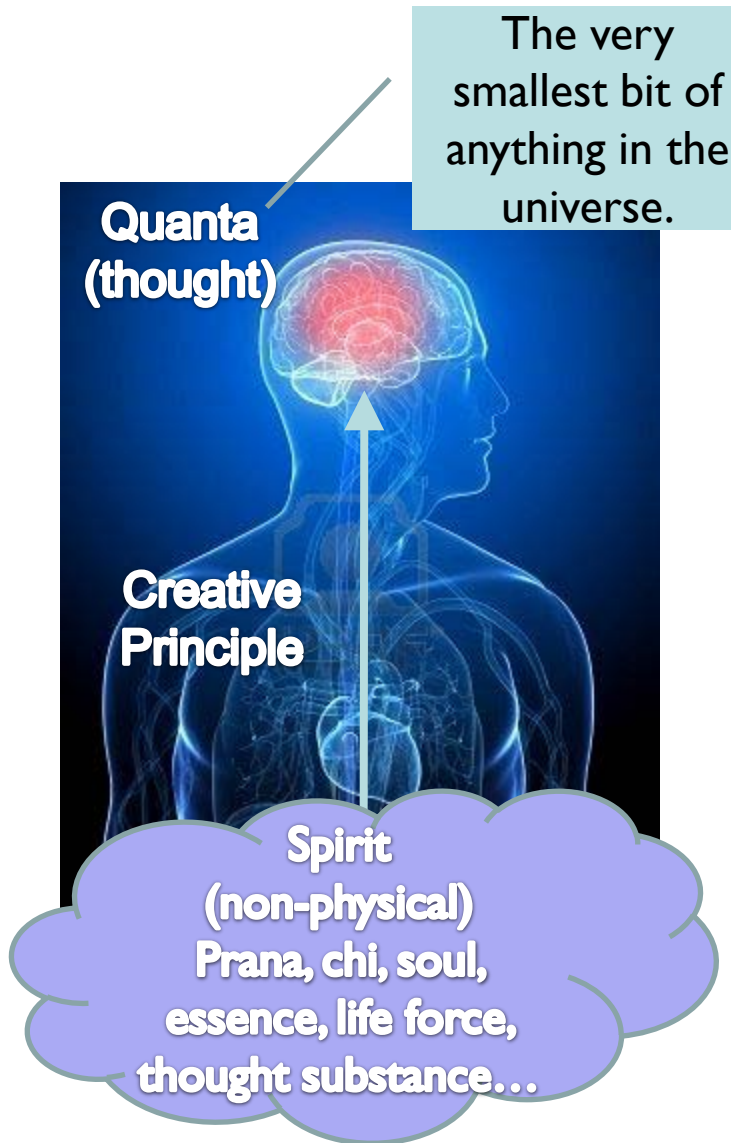
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# All thoughts are energy...

- Thought energy is the energy created by ideas, emotions, intentions and beliefs
  - ◆ Like physical energy, our thoughts have a positive or negative charge
- The energy created by our thoughts has significant impact on everything
  - ◆ The energy created by our thoughts effects the course of events, it effects the health of the individual as well as the community
- Positive thought energy has been practiced through meditation since the beginning of mankind



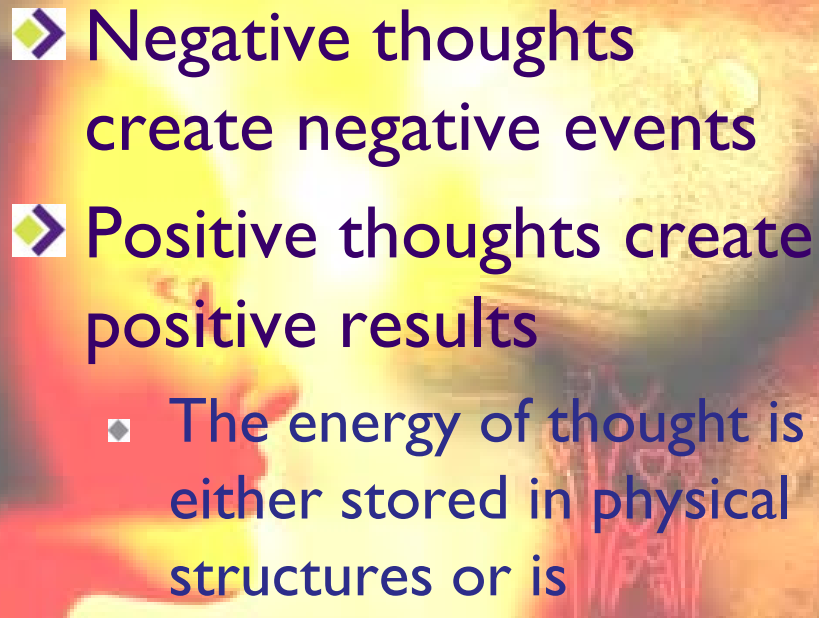
# Thought creation process...



This is not about religion, it simply labels some common belief systems

- Christians typically call this animating energy, the soul
- Hindu the concept of Prana,
  - ◆ an invisible substance that represents life-force energy, the animating principle
- Chinese call life force chi
- The famous author Wallace Wattles called it 'thought-substance'
- The Egyptians told us about the Mer-Ka-Ba,
  - ◆ a sphere of Light that surrounds the human body; a sort of Lightship that can be used to travel to other dimensions and universes

# Impact of our thoughts...

- 
- Negative thoughts create negative events
  - Positive thoughts create positive results
    - ◆ The energy of thought is either stored in physical structures or is transmitted into the universe
    - ◆ Some believe it never dies

- Everything that happens in your life has a direct connection with the type of energy that you are charging the universe with
  - ◆ You alone are responsible for the type of energy created by your life
  - ◆ Your thought energy impacts your choices



# Law of attraction...

## ➤ Positive thought energy seeks out other positive energies

- ◆ If you are a source of positive thought energy, positive and beneficial energy will return to you in many wonderful and unexpected ways
- ◆ Positive thought energy creates a surplus; it is the surplus of positive thought energy that allows for the creation of life

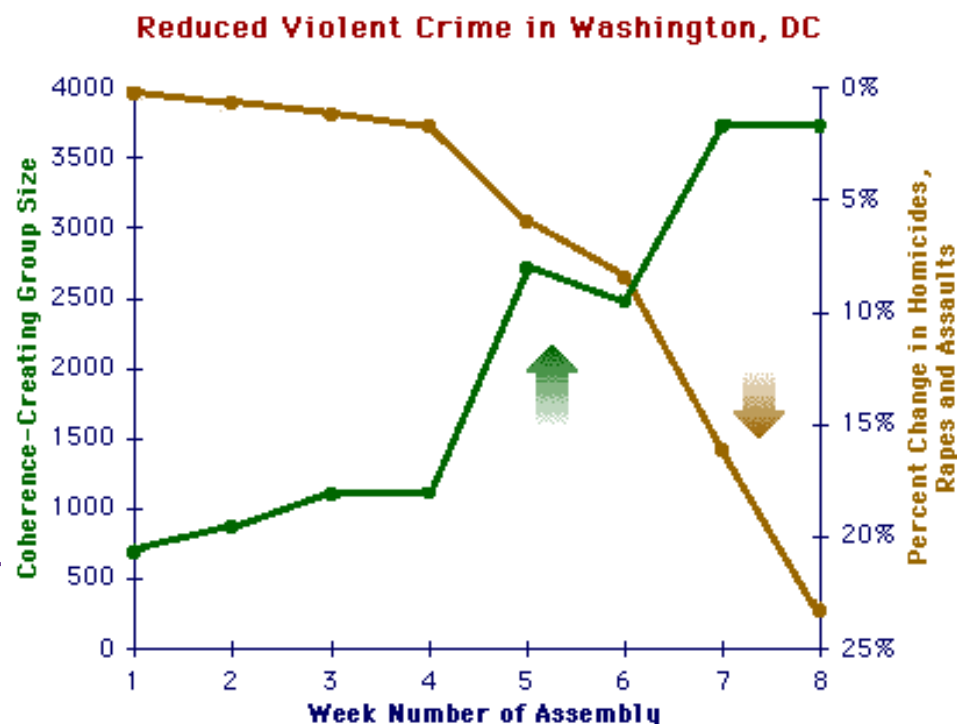
## ➤ Negative thoughts look for other negative thoughts energies to bind with

- ◆ Eventually a matrix of negative thought energy is created and forms a thought wave
- ◆ Some believe these powerful negative thought waves manifest themselves in our lives in the form of poverty, crime, war, plagues and natural disasters

- 4,000 participants in the Transcendental Meditation and TM-Sidhi programs
  - ◆ United States national capital from June 7 to July 30, 1993
- A 27-member independent Project Review Board
  - ◆ Sociologists and criminologists from leading universities
  - ◆ Representatives from the police department
  - ◆ Government of the District of Columbia
  - ◆ Civic leaders approved in advance the research protocol for the project and monitored its progress
- Measured violent crimes including homicide, rape, aggravated assault, and robbery

# Results don't lie...

- The maximum decrease was 23.3% when the size of the group was largest during the final week of the project
- Violent crimes as a whole decreased significantly to a maximum amount of 15.6% during the final week of the project





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## **Strategies for Success – Part 2b**

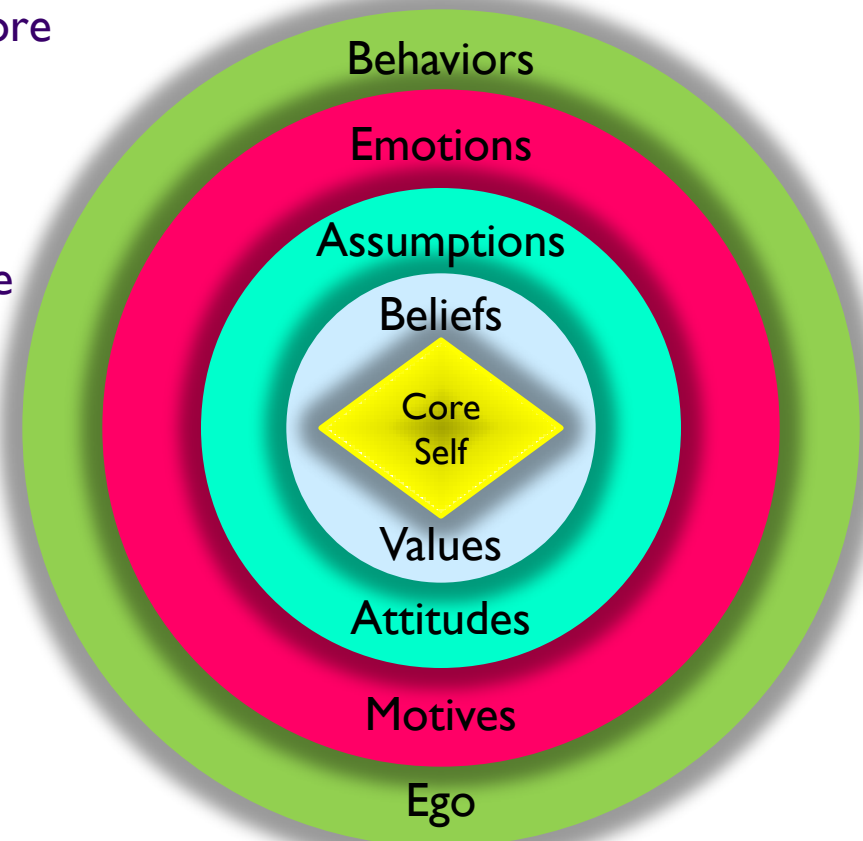
### **Psyche and Choice**

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# How our psyche develops...

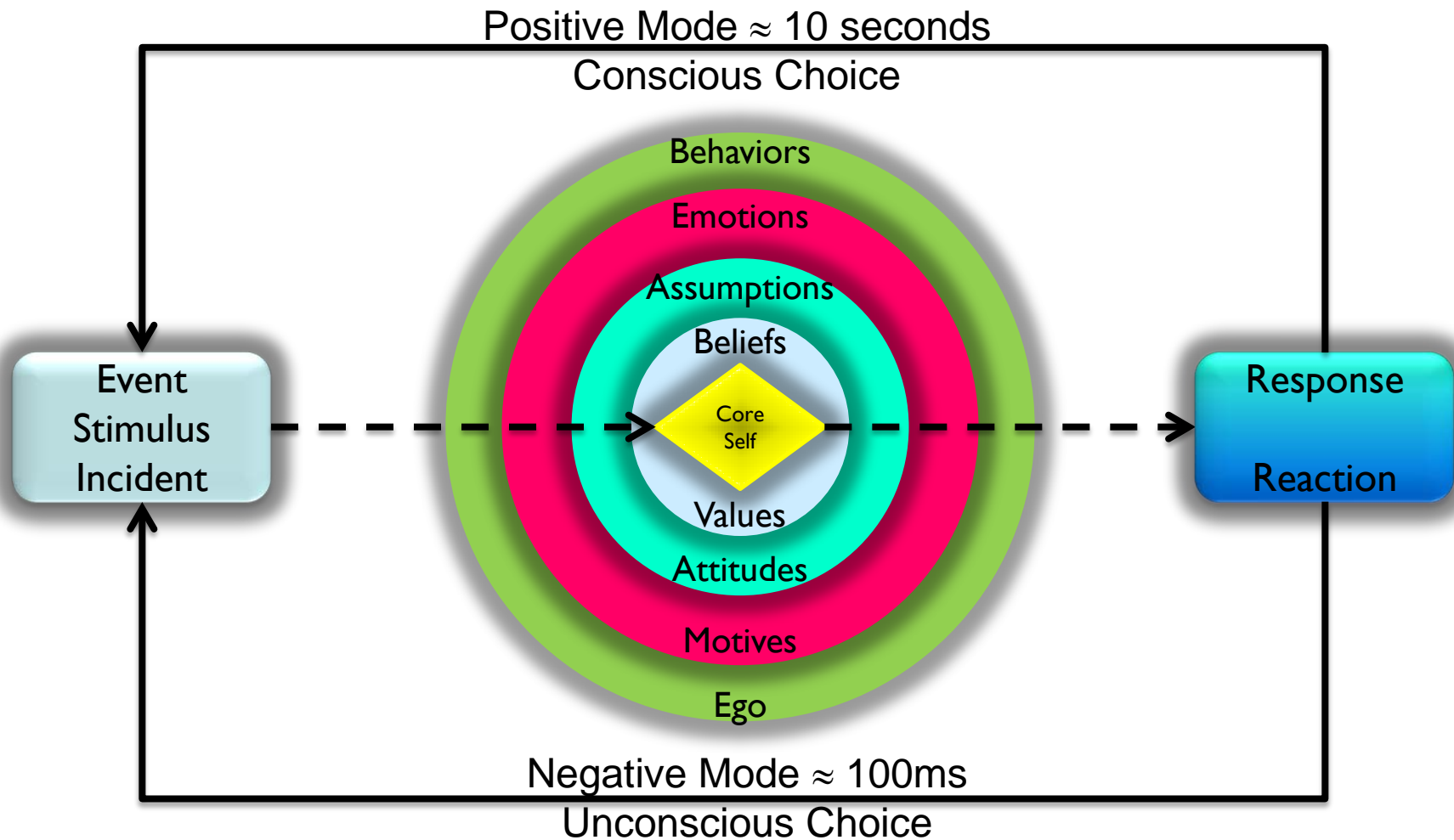
## Our individual psychological development

- ◆ Everything starts with our unconscious core self
- ◆ Belief system development based on experiences and exposure to the world
- ◆ Values developed by what we think or are taught is the “right way”
- ◆ Assumptions based on our belief system, values and experiences
- ◆ Attitudes reflect our disposition
- ◆ Emotional development or lack there of provides unpredictable element
- ◆ Motives – our agenda, makes everything about us
- ◆ Behaviors determines how others see us
- ◆ Ego made up of our exaggerated sense of self-importance



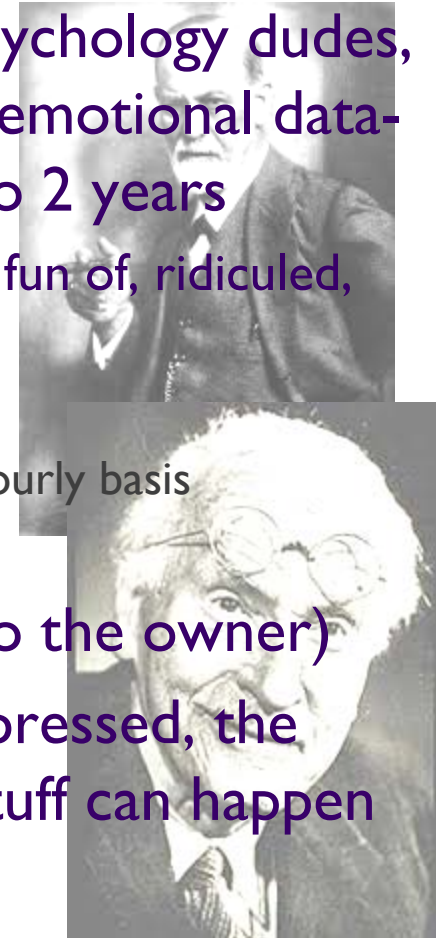


# Everyone has individual & unique filters... Education SNIA



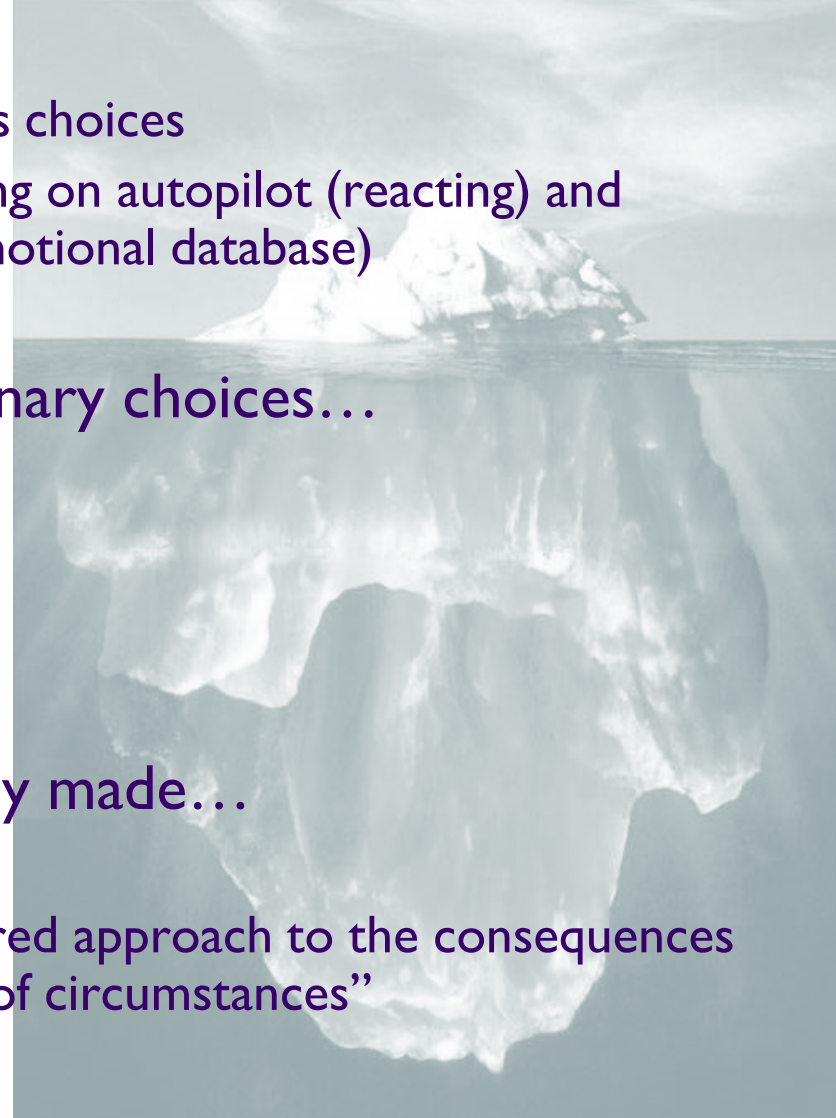
# Concept: The Emotional Database...

- ❖ According to Jung, Freud, and other important psychology dudes, the concept of a shadow, repressed self, or our “emotional database” (EDB) is first created around the age of 1 to 2 years
  - ◆ Every time you are denied an emotion or feeling, made fun of, ridiculed, hurt, etc. an entry is made into your EDB
    - Parents contribute basis material up until about 9-13
    - High school really fills the database – sometimes on an hourly basis
    - Positive emotional events are logged too...
- ❖ EDB is stored in subconscious (i.e. unconscious to the owner)
- ❖ If emotions or feelings go on being ignored or repressed, the EDB overloads, and some really uncomfortable stuff can happen
  - ◆ Especially at the most inopportune time
  - ◆ We tend to repeat uncomfortable patterns until our subconscious finally teaches the conscious self the important lesson of the moment



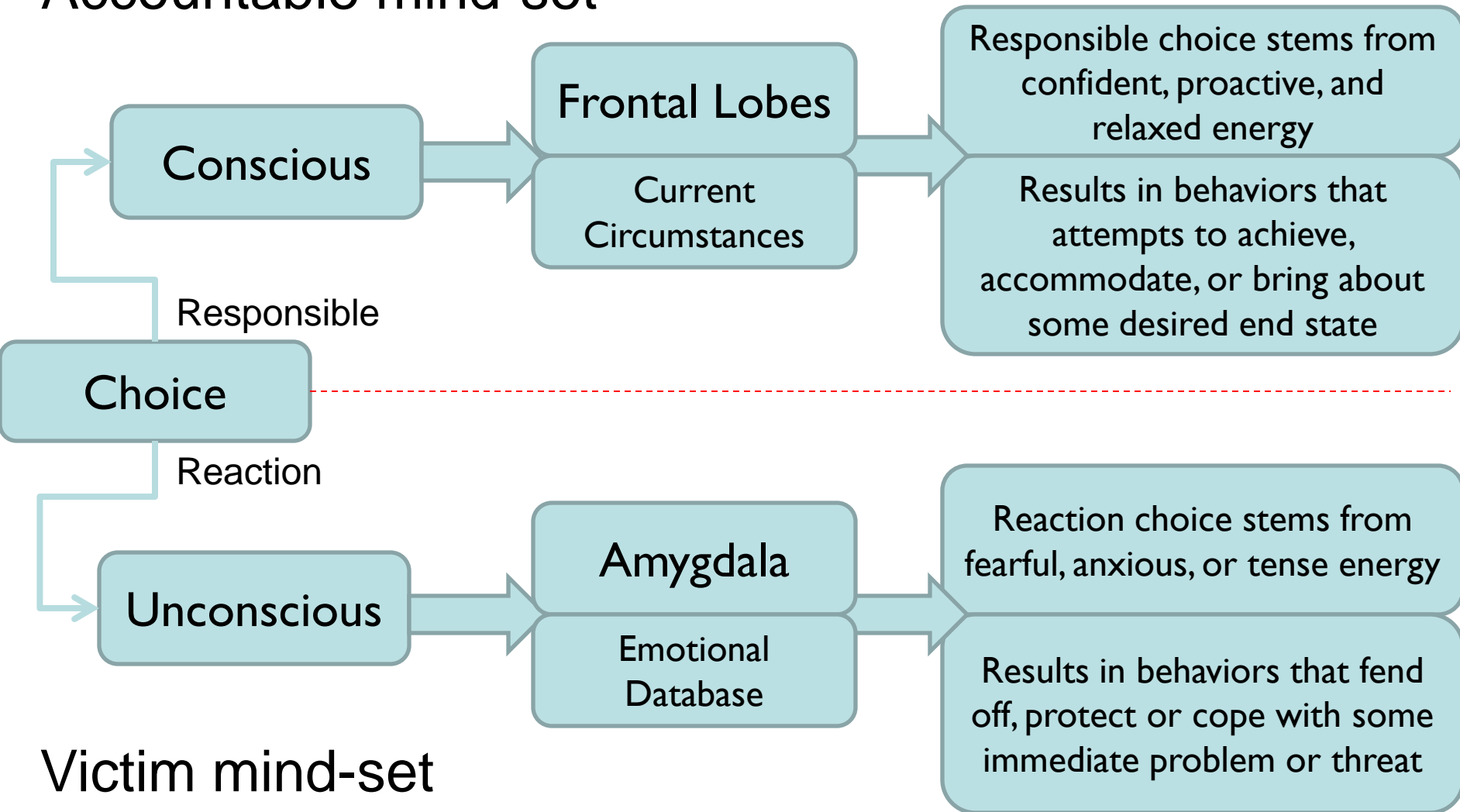
# Fear typically drives our UNCONSCIOUS choices...

- We are metaphoric icebergs...
  - ◆ 90% of the time we make unconscious choices
  - ◆ Even the best of us are subject to going on autopilot (reacting) and making choices based on our past (emotional database)
    - › Not the present circumstances
- Typically our fears fuel our reactionary choices...
  - ◆ Fear of approval
  - ◆ Fear of abandonment
  - ◆ Fear of abuse or physical harm
  - ◆ Fear of acceptance
- Responsible choices are consciously made...
  - ◆ All choices have consequences
  - ◆ Responsible choice takes an empowered approach to the consequences of our choices verses “being a victim of circumstances”





## Accountable mind-set



## Victim mind-set



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# **Strategies for Success – Part 2b**

## **Accountability – the key to success**

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Accountability  $\neq$  FAULT

Accountability  $\neq$  BLAME

Accountability = CHOICE

Accountability = CREATION

## ➤ Accountability :

- ◆ The ability to account for the choice(s) you make (or made)
- ◆ Being able to raise your consciousness level when emotionally upset
- ◆ The ability to act responsibly and stay off autopilot
- ◆ Noticing when you are projecting a repressed thought, feeling, emotion/whatever onto someone/something
- ◆ Ultimately accepting that everything in your life was created by the choices you made
- ◆ Accountability is about the power of creation – creating the life you want

- Accountable people see themselves as the source of their experience
- Accountable people are empowered and not constrained by external or internal circumstances
- Accountable people are not afraid to make mistakes
- Accountable people, while maybe experiencing fear, find the courage to move forward
- Accountable people do not give reasons, stories or excuses for their results
- Accountable people are viewed as responsible individuals who generate results

# Accountability formula for success...



## ➤ STOP:

- ◆ Get out of reaction/autopilot (Amygdala hijack)
- ◆ Be Responsible (Frontal lobes)



## ➤ LOOK:

- ◆ Notice the event, action, or reason that triggered you
  - › Notice any emotions, feelings or body sensations
- ◆ You do not have to fix anything in the moment
  - › This step is meant to raise your consciousness level about what you repress, avoid, deny or make wrong in others



## ➤ CHOOSE:

- ◆ Making a responsible conscious choice in the current moment
- ◆ What choice or changes do I need to make in order to create what I want?



## ➤ DO IT:

- ◆ Taking massive action; declare to the universe, put heart and energy into your choice, practice

- Victim is the other side of accountable
  - ◆ Victim is not about good or bad it is just a different energy
- By taking a victim mind-set
  - ◆ One is dramatically influenced by external factors and circumstances
  - ◆ One might feel helpless or feel like there is no choice
- At times – we are all victims
  - ◆ The level of our victim-ness is defined by the length of time we spend feeling sorry for ourselves
  - ◆ Whether you ever accept accountability for the results you created or not, they are your results

## ➤ Victims

- ◆ Reasons, stories and excuses for not generating results
- ◆ Often blames others
- ◆ Not my job mentality
- ◆ Feelings of low self-esteem or self-worth

## ➤ Accountable

- ◆ Results driven
- ◆ Undesirable results OK, as long as you learn something
- ◆ Strong sense of self-worth

## ➤ Having a Victim or Accountable Mind-set can be dynamic and one may fluctuate between the mind-sets



# Victim/Accountable Mind-sets...

**Amygdala**

**Frontal Lobes**

## Accountable Mind-set

Conscious  
Empowered  
At cause  
Choice

Abundance

Future  
Mistakes ok  
Self-control  
Freedom

**Respond**



## Victim Mind-set

Unconscious  
Powerless  
At effect  
No choice

Scarcity

Past  
No mistakes  
Autopilot  
Confined

**React**



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## **Strategies for Success – Part 2c**

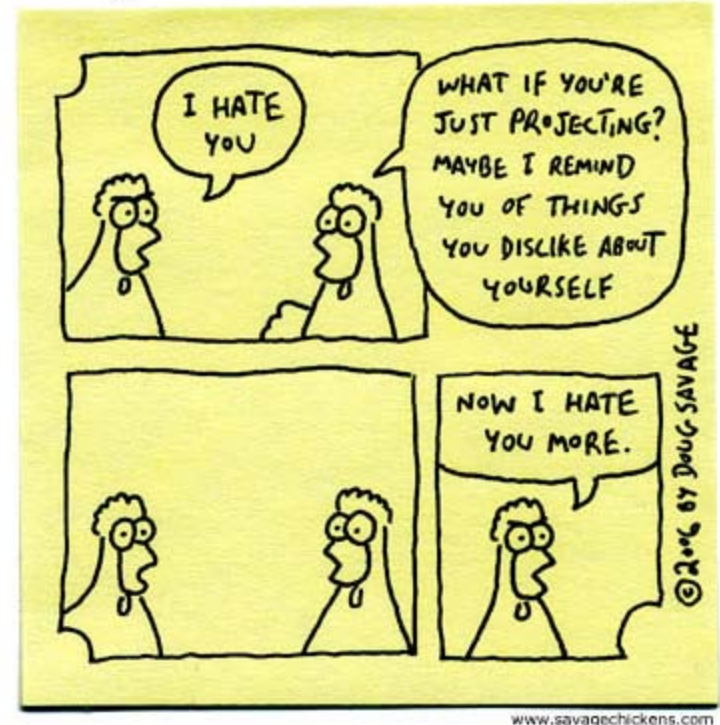
### **Dealing with our Projections**

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- Projections are used as a defense mechanism
  - ◆ This occurs when a person's own unacceptable or threatening feelings are repressed and then attributed to someone else
- Projections are used to protect the mind/self/ego from anxiety, social sanctions or to provide a refuge from a situation with which one cannot currently cope
- Our EDB is the source of our “projections”

*Savage Chickens*

by Doug Savage



# Projection/Compassion Model

- The compassion model is designed to help you be responsible with your reactions to other people
  - ◆ Use this model when you know your reaction to another person (or event) is over the top
- When you have completed the following 4 steps, you will find yourself in a more compassionate place
  - ◆ You may choose to follow up with the one who triggered your reaction by using the a “Feedback Model”
  - ◆ You may realize you are complete and do not need to use the Feedback model



Model provided by:

- ◆ Jennifer Deming, CDC, CPC, (831) 246-2352, [jendem@pacbell.net](mailto:jendem@pacbell.net)



## I. Point the Finger

- Do this by yourself, not with the person you are triggered by
- Literally point your finger at the person/behavior you find upsetting and let yourself rant about it
- “You are so selfish, so rude, you cut me off and don’t let me speak and I hate that...how dare you...etc”

# Compassion model step 2



## 2. Ask yourself

- Where in my life have I felt this before?
- Look for a specific memory
- “I was a quiet child in a family filled with very big personalities. I remember trying to get a word in when my family was deciding on a vacation, and every time I would start to speak, someone would talk over me and drown me out”

# Compassion model step 3



3. Where in my life have I done this to someone else?
- Look for a time you have done what bugs you to someone else
  - “I have done this to my kids many times when they want to talk to me and I am busy or I am talking to a friend”

# Compassion model step 4



4. Wherein my life have I done this to myself?
  - Look for where you do the thing that bugs you to yourself
  - “I was in a seminar and I had a solution to a problem the group was working on, but I didn’t believe in myself and I chose not to speak. I shut myself down by allowing my fear to *talk over me*”



- At this point you are better equipped to determine if you are projecting onto someone or something
- If it is a projection (99% or time), you can choose if you want to share that with the other person
- That means working on your own projection prior providing feedback to the person
- Working on your own projections first, enables positive thought energy when you give feedback from a compassionate stance

- Be aware of your thoughts – they have power
- Accountability is not about fault or blame
- Accountability will empower you to create a life you want
- Next time you are really triggered by someone
  - ◆ Point the finger (in private)
  - ◆ When have this happened before
  - ◆ When have I done this to others
  - ◆ When have I done this to myself

# Speaker information

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**Many thanks to the following individuals  
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**- SNIA Education Committee**

**David Deming**



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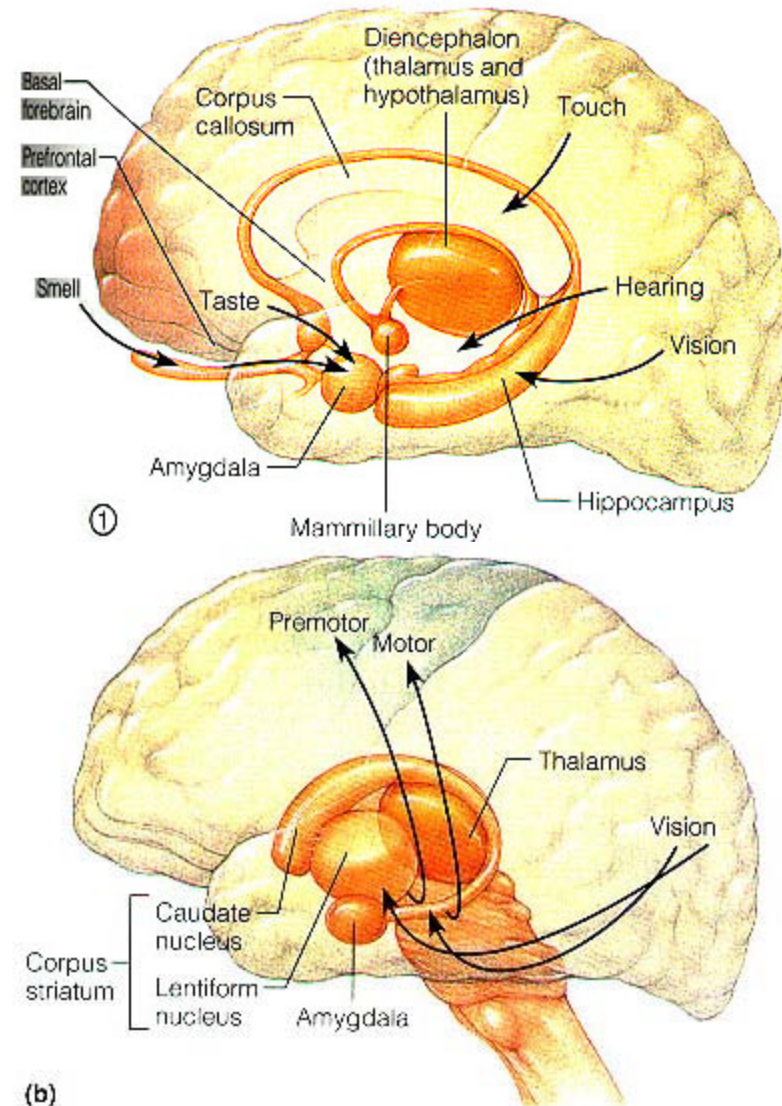
## **Strategies for Success – Part 2**

### **Additional slides**

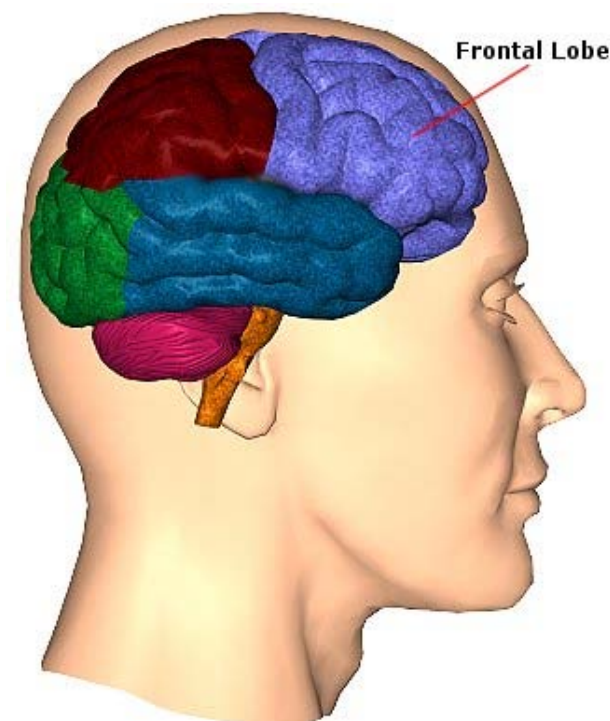
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# Amygdala

- The **amygdalæ**, singular **amygdala**, from Greek, *amygdalē*, 'almond', 'tonsil', listed in the Gray's Anatomy as the **nucleus amygdalæ**
  - ◆ almond-shaped groups of neurons located deep within the medial temporal lobes of the brain in complex vertebrates
- Stores painful and emotion-related memories
- Initiates memory storage in other brain regions based on emotional significance
- When engaged causes a fight, flight or freeze reaction

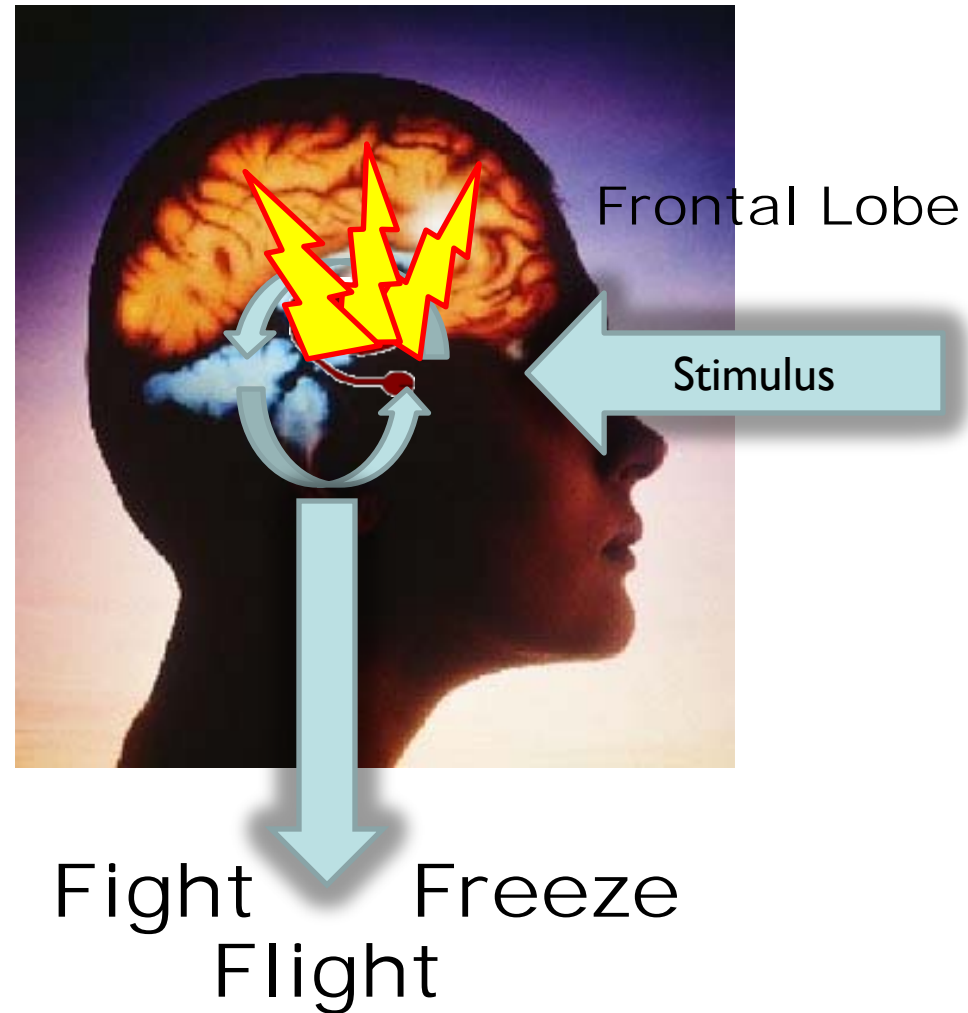


- Our emotional control center and home to our personality
  - ◆ Involved in motor function, problem solving, spontaneity, memory, language, initiation, judgment, impulse control, and social and sexual behavior
- When our brain is “balanced”
  - ◆ We are able to weigh our options
  - ◆ Bring in our emotional reactions and use our intuition
  - ◆ Make sound choices based on good judgment and understanding of the consequences



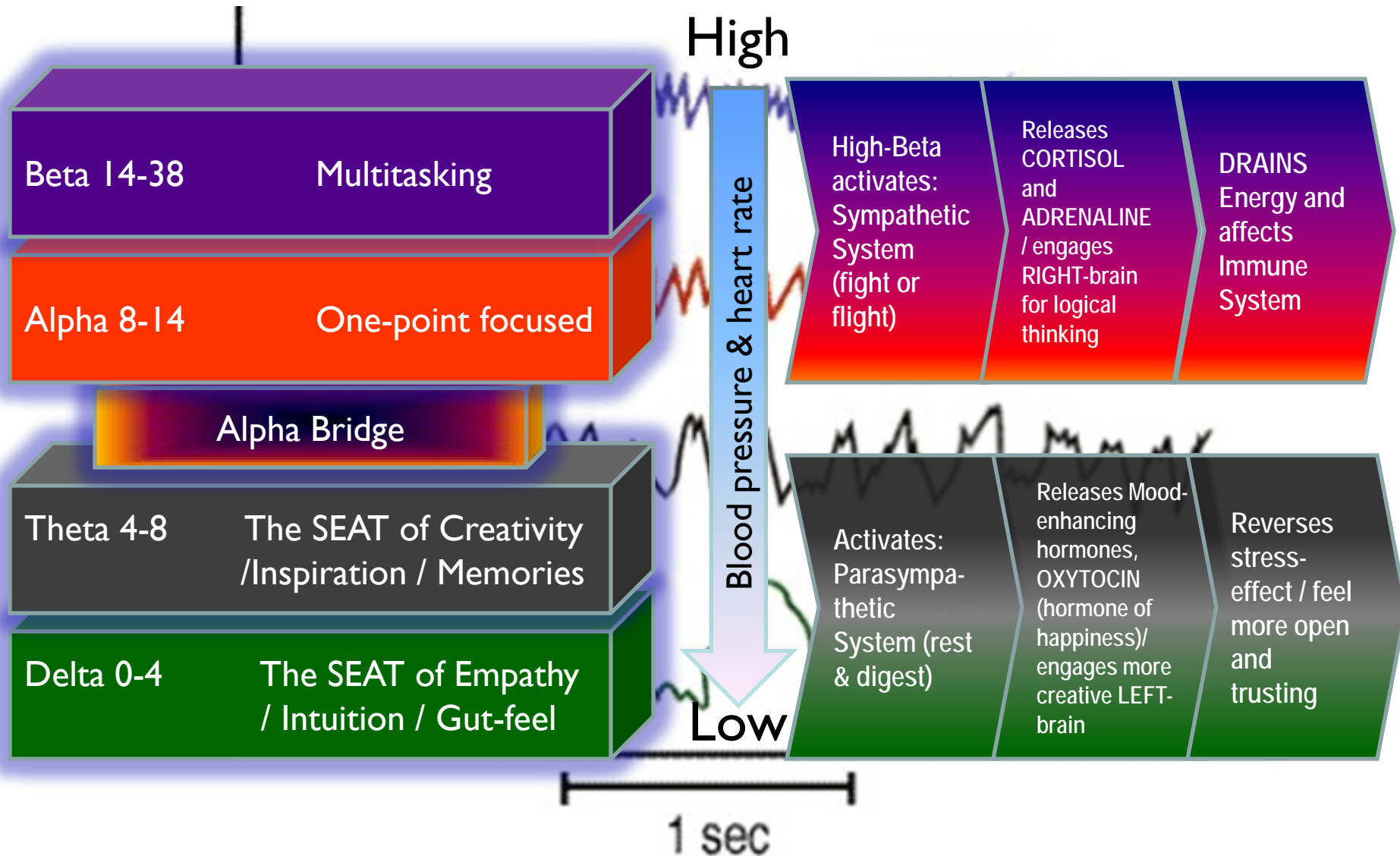
# When the amygdala is engaged...

- Intense feelings takeover our Frontal Lobe
- Leads to impulsive reactions
- Poor judgment and decisions are made without planning and consideration of the consequences
- Causes a fight, flight or freeze reaction
- Triggers physiological reactions in our bodies
  - ◆ Speeds heart rate, raises blood pressure, freezes muscles, releases adrenaline





# Brainwaves are measured in Hz



# How Meditation May Change the Brain

- The researchers report that those who meditated for about 30 minutes a day for eight weeks had measurable changes in gray-matter density in parts of the brain associated with memory, sense of self, empathy and stress.
  - » The [findings will appear in the Jan. 30 issue of Psychiatry Research: Neuroimaging.](#)
- M.R.I. brain scans taken before and after the participants' meditation regimen found increased gray matter in the hippocampus, an area important for learning and memory.
- The images also showed a reduction of gray matter in the amygdala, a region connected to anxiety and stress.

- A form of meditation that was introduced in the United States in the late 1970s.
  - ◆ It traces its roots to the same ancient Buddhist techniques
- The main idea is to use different objects to focus one's attention.
  - ◆ It could be a focus on sensations of breathing, or emotions or thoughts, or observing any type of body sensations.
- It's about bringing the mind back to the here and now, as opposed to letting the mind drift.

- When you feel like reacting or are ticked off
  - ◆ STOP and count to 10
    - › It takes at least 10 to 12 seconds for the physiological effects of the amygdala to subside
- Breath
  - ◆ Take full deep breaths, hold, exhale and hold – do not sigh
- It helps to set a physical anchor
  - ◆ A non-intrusive physical action that slows you down, allows the affects of the amygdala to subside and engage your frontal lobes
    - › Tap your thumb and index finger together
    - › Touch you watch
    - › Twirl a ring
    - › Touch your heart