

Are You Programmed?

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Are You Programmed?

By Jan Tincher

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Are you programmed?

Definitely.

How can you tell what programming you have in your unconscious mind?

That's easy. Just look around your life and see what has manifested. If it's happening --- manifested --- you have a program in your mind that attracts it.

Now, don't go blaming yourself for what's happened, or not happened, in your life. The same goes if you're ashamed of what is manifesting in your life. Don't blame yourself or feel shameful. Just read on and learn. This knowledge can transform your life.

You did not choose your programming. I repeat, you did not choose your programming. You must accept that before you can change.

Programming is usually thrust upon us by the people in charge of our care in our developmental years. Parents, teachers, peers, mentors, movie stars or TV actors.

TIP: It doesn't matter who those people were or are --- there's no need to get angry with them at this late date. They just, like, lifted their programming off them and set it on you. Let's face it, they couldn't, like, lift up someone else's programming and set it on you nearly as well as they could their own, so they did their own. That's what most people do. They try to make everyone else's world fit theirs. Face it, you've caught yourself doing it, too, haven't you?

Your life basically boils down to: What you are is who, or what, you came into contact with when you were vulnerable and growing up. It might not have been a person you actually know who programmed you in some things. It could have been a favorite TV show, radio personality, an idol of some sort, whatever.

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But, guess what. You're not in that vulnerable stage so much anymore. Now, you can make your own mature decisions. You can now take charge of your life.

Now, you know that when you look at something, or think about something, nothing is actually good or bad — as in *nothing is good or bad, but thinking makes it so.*

You can feel strongly about or for something, and probably do. On the other hand, you won't have to walk too far to find someone who feels strongly *against* what you feel strongly for. Who is to say who is right? What if suddenly you saw the way he or she was thinking about it, and realized, hey, THEY might be right! What about what you felt strongly about? Did IT suddenly change? No, what changed is how you looked at it, what you were thinking.

All you really need to know is whether the programming you've grown up with is truthful or not. If it is programming that manifests as love and peace, it is truthful. *Anything* else indicates some degree of untruth. When you realize that, there will be more times than not that you realize, "I can let this go. This anger, this judgement, isn't what I want in my programming." And then, let it go.

You need to let the untruthful programs come to conscious awareness, then dissolve. This means that you have to let them come into conscious awareness — you have to think about them — without resistance. After you've checked it out, YOU make the decision to keep it, or to let it go. If it's something you *used* to hate, don't jump up and down and get all bothered with it — let it go. If you get angry with it, you are keeping it. Let it go.

Do you feel you have to *be in control* of everything? Feel the peace of *being in control* by making the decision to let it go. Have this be your thought pattern: Feel the peace. Let it go. Feel the peace. Let it go. Feel the peace. Let it go.

FEEL THE PEACE.

TIP: Another article that might give you a better understanding on how to release your negative thoughts is, *Releasing Your Thoughts.* You can read it here:
<http://www.tameyourbrain.com/releasing.htm>

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Thanks for reading, Jan

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## Are You Programmed?

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### **Don't Let Negative Programming Create Your Reality**

**By Anita Foley**

#### **Don't Let Negative Programming Create Your Reality by Anita Foley**

What have you been programmed to believe? Throughout your life, you have been programmed by your parents, your friends, your siblings, and yourself. Programming occurs as a result of repeated actions or messages. This programming creates your beliefs, your beliefs guide your actions, and your actions create your reality.

Positive programming results in optimistic beliefs and gratifying realities. For instance, if you were programmed, when you were six years old, to think the tooth fairy would give you a quarter for your tooth, you probably believed it. The result of this belief was most likely a gratifying experience. You were programmed by your parents, friends, or siblings to think there was a tooth fairy and you believed it. This belief guided your actions and you put your tooth under the pillow. This action created the gratifying reality, (i.e., you got your quarter!)

Unfortunately, not all programming results in beliefs as benevolent as the tooth fairy. Negative programming results in detrimental beliefs and disappointing realities. If you were programmed by your parents, friends, or siblings to think it is too risky to start your own business, you probably believe it. This belief guides your actions and you stay at your job. This action creates your disappointing reality, (i.e., you get a limited paycheck and give half of it to Uncle Sam.)

You've probably received a lot more negative programming than positive in your lifetime. You may have been told you weren't very good at something, or you'd never make a living if you chose a certain career path, or you'd never get a good job if you didn't go to college, or you'd poke your eye out if you ran with a stick. In addition, as if all that wasn't enough, you managed to impose your own self-limiting beliefs as well. You may have taken on the belief that you're too fat, too tall, too dumb, too skinny, too uneducated, or too lazy to pursue and accomplish your dreams.

Beliefs are such an important factor of success that you must learn to get rid of the negative, self-limiting ones and create positive, self-enabling beliefs. If programming creates your beliefs, and your beliefs guide your actions, and your actions create your reality, wouldn't it make sense to get rid of the negative programming?

So, what have you been programmed to believe? If you are letting negative programming create your reality, you must learn to rewrite the program!

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