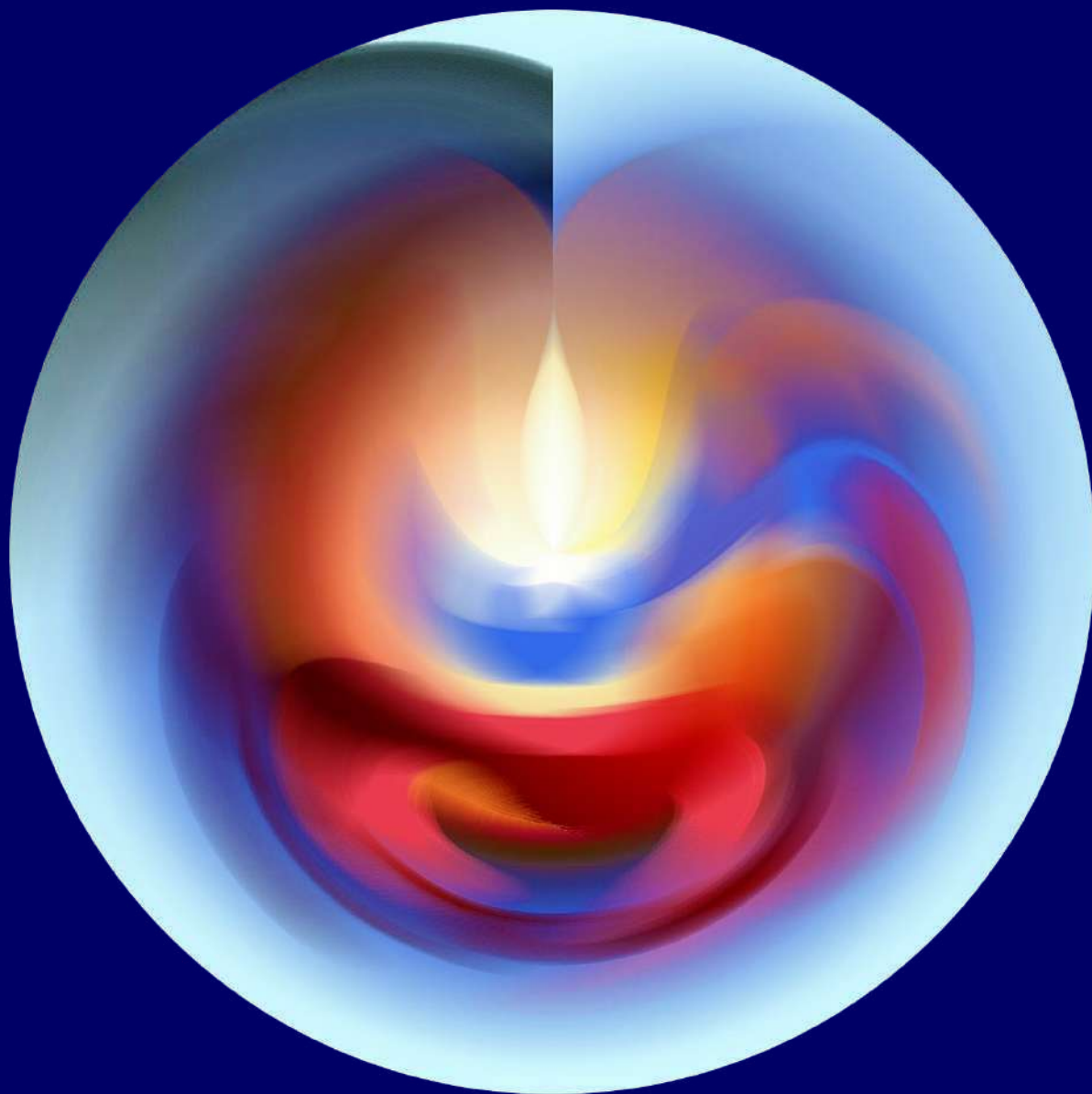


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PART I - OVERVIEW

INTRODUCTION

The "Best You" is a simple but profound idea. It's about YOU experiencing the best you have inside of yourself in a sustainable way.



When you can experience your "Best You" your life is enriched. Your relationships with others flourish. Your abilities to engage the demands of your life expand and everything just flows. Your levels of creativity, intuition,

inspiration and productivity soar too.

Maybe you don't even know that you have anything that could be referred to as "best" inside of yourself. If so, that's truly sad and my heart reaches out to you to offer hope. If such be the case, I can uplift you to some degree right now by assuring you that you can indeed truly know that you do have a "Best You" already inside of yourself.

See how you feel much better already! That is what this Core State Entrainment™ Technique is designed to do. It can take you directly to your Core State where you feel much happier, fulfilled and at peace. This simple program will help you discover and experience this "Best You"

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state of existence that we're referring to as your "Core State." It will help you be able to eventually sustain your Core State on an ongoing basis without much if any effort.

This is therefore a state-based approach versus a process-based approach. A "state" in this case refers to how you are feeling inside of yourself, the state of being that you yourself are in. When you feel up and happy you experience a particular feeling state. When you feel down and sad you also experience a particular feeling state. In this example we have a happy state and a sad state. Your Core State is balanced, which can include happy and a whole lot more!

Even though this is a state-based approach you may go through a process while discovering and learning to sustain your Core State. However, the process part is not absolutely required. You don't have to be limited by the step by step progression of the process part of this program. Your ultimate goal is to go directly into experiencing your Core State. Use the process only as needed and then you're done with it.



The steps we teach are therefore only a means to help you access and experience what's already there inside of you just waiting to be experienced right now. It's only you that determines what you can

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discover and experience at will. You alone also determine just how fast this can and will be possible. This means you can choose to experience your Core State as quickly and often as you wish!

The humblest and most noble truth of this program is that you already have your Core State perpetually present inside of yourself ALL THE TIME just waiting for an opportunity to emerge into your human experience. Do you know that you actually expend a great deal of energy interfering with your innate ability to experience your inherent Core State? It sounds silly I know, but it's true!



In order to experience your Core State you need to just accept your limited-self and all it's shortcomings as a starting point. Your limited-self will then relax and step out of the way and your Core State can more naturally emerge. Sounds easy, but can it really be that easy?

The answer is that it's that easy once you have established an internal road map to follow. Until then it's not only hard but it may seem almost impossible much of the time. This is because what we usually do is to try and chase down the things that seem to interfere with our Core State in an effort to get rid of them or replace them with something else. This is well-intentioned but it

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produces very little in the way of truly enduring results so we have to keep doing it over and again.

Chasing all the things down that seem to interfere with your Best You is like trying to use a map to get you to your destination by following all the routes on the map that don't go to your destination! You're traveling a LOT, but you never quite getting to where you wish to be by doing it that way.

The Core State Entrainment™ Technique is a method that works through following the most direct route on your own internal feeling-state map that then keeps you true to your desired course!

YOUR CORE STATE DEFINED

First, it's helpful to understand what the primary qualities and components of your Core State are. These are listed below in the sequential order in which they tend to unfold. They very well may seem to unfold differently for you though, so do not be concerned about the sequence. You may also define them differently, that's OK.

Focus only on your sense of these various elements being present. You do not need to have a sense of all of them either. These are just focal points and all of them will be involved even when you're only aware of one or two being present in your experience.

This is because they are in truth just the many faces of your Core State. So even if you're only aware of one, it's still good!

- **Accepting**

Acceptance of what you're experiencing at any given moment, comprised of your reactions or responses to whatever life brought your way, allows you to enter into an experience of your Core State quite naturally, usually without much further effort.

- **Present**

Once you've accepted what you're experiencing in the moment you become more fully present with yourself and whatever or whomever you may be engaged with.

- **Balanced**

Once you've become present your entire state of mind and emotion comes into a greater state of balance.

- **Harmonious**

As you become more balanced you naturally begin to experience a more harmonious state of existence.

- **Peaceful**

When you're in a more harmonious state of existence you naturally feel much more at peace inside yourself and with others.

- **Neutral**

When you are at peace with yourself and others you are much better able to remain neutral by not taking things personally and by not assessing things or others to be bad, useless or purposeless.

- **Open**

Being neutral also means that you are more open to the views of others and to understanding their problems and needs.

- **Embracing**

Being open means you are able to embrace others even

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when they may be acting out towards you or reacting to something you've said or done.

- **Caring**

When you've been able to embrace others you are quite naturally and authentically caring about them and most people will feel it inside themselves.

ALL OF THESE ADD UP TO THE BEST YOU!



4 STEPS TO THE BEST YOU

1. DISCOVER: Learn to Experience your Core State

Your Core State exists naturally. Understanding this is the key to experiencing it. Discovering what already exists is also quite different than trying to develop something that does not yet exist.



Most people will quite naturally experience their Core State for small periods of time that seem to be hard to come by or elusive. These would generally be times when you are not stressed out or busy. Doing things you love to do also increases the likelihood that your Core State will naturally emerge into your experience.

There is a pesky human tendency to attribute the wonderful feelings we get when we experience our Core State to the circumstances that helped us experience them.

This tendency would be like going on a holiday and feeling rested, relaxed and peaceful whereby you become something more akin to the Best You. At such times you do not tend to react so easily, and you will be much more peaceful, forgiving and compassionate towards others.



It's easy to attribute going on holiday to having your Core State emerge and being the Best You as a result. You'll then do

anything to re-create these circumstances by going on another holiday hoping to experience that same wonderful state of your Best You again.

This step of discovering your Core State is about coming to the realization that you can experience the same state of being that you're in while on holiday, but without going on holiday. In other words, it's about being able to experience the Best You in all the other circumstances of your life too.

To succeed with this it's important to understand a very basic human problem that easily interferes with the whole thing. The problem briefly stated goes like this...

Without realizing it you've associated what you're experiencing inside of yourself (your state of being) with the external circumstances that you find yourself in.

2. IMPRINT: Remember your Core State Feelings

Once you've discovered your Core State and Best You amidst all the interference that life tends to toss your way, it becomes necessary to get totally "locked-on" to your Core State feeling-state vibe so you can stay there.

This requires you to use your "feeling-state memory." Whenever we experience something we then have a memory of how it felt. Maybe it was pleasant, maybe it was painful. Either way, we have this feeling-state memory of our experience.

In addition to your basic feeling-state memories like pleasant or painful, you'll also have feeling-state memories relating to subtler nuances of the experience.

Examples:

1. It was a pleasant experience that had a lot of joy and happiness associated with it.
2. It was a pleasant experience that brought excitement and hope.
3. It was a painful experience but I learned a lot and felt wiser after it was over.
4. It was a painful experience that felt like a never-ending black hole.



In a similar manner, when you experience your Core State and Best You, there will be finer shades of the feelings that you're experiencing. However, these don't have to be defined verbally or mentally as in the examples above.

If some verbal definitions or descriptions for these subtler nuances emerge into your mind, that's fine, just accept them. There's no need to chase after such definitions though. Attempting to do so will become just another distracting interference.

Getting a good feeling-memory sense of all these nuances is, however, part of what this imprinting step involves. To do this you'll use the same natural process you use for mentally remembering something, but on a feeling level instead.

If you hear a new word, the more you can hear it, the better you will remember it. In memorizing that new word you'll likely say it aloud repeatedly to establish the memory more firmly and deeply into your brain.

To imprint a feeling-state memory we'll do the same thing as with a mental memory but on a feeling



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level. This simply involves memorizing a feeling-state. We naturally do this too, but we are largely taught to relate to life with our minds. Therefore, to start relating to life through our feeling-state requires a few small adjustments.

If you've ever learned to ride a standard two-wheeled bicycle you'll know that keeping your balance on that bike took some time to learn. Keeping your balance is not a mental thing, even though there may have been a few things in the beginning to remember with your mind.

Keeping your balance on a bicycle requires a feeling-memory that informs your body and your mind about where the right balance point is under all the varying circumstances that arise as you ride. This allows you to keep making fine adjustments in body position to maintain balance.



Once you've become accomplished at riding the bicycle you're no longer aware of all that's required to maintain balance. It just happens and it's largely based on body feeling-memories that do it automatically.

In a similar manner, in the beginning when imprinting your Core State feeling-memory, you're setting the stage for being able to remain "locked-on" to your Core State just like you do with the

state of balance required to ride a bicycle.

The bicycle analogy is an apt one because the feeling-memory in the body brings an ability to maintain physical balance on the bike, while your Core State feeling-memory brings an ability to maintain an energetic balance in mind, body, emotion and spirit!

In this step you'll therefore be memorizing the feelings associated with your Core State. The purpose in doing this is to make your Core State feeling-memory as strong as possible, because the stronger it is, the easier it is to recall and return to whenever you wish.

In fact, it can become so strong that it results in the Best You emerging much of the time rather automatically!

3. ENTRAIN: Return to your Core State at Will

Entrainment occurs each time you've temporarily moved out of experiencing your Core State feelings and then return to experiencing them. This is no different than developing any other habit except that it's a very wonderful "habit" which you'll never outgrow!

Just think about all the different habits you may have right now. Some serve a useful purpose, like knowing how to ride a bike or drive a car. These are skills, and many skills are also largely based upon carefully developed habits.

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So you can also think of this as a skill that involves an intelligently created habit that leads to many wonderful things. Keep in mind that it's NOT your Core State that is being developed as a habit or skill though. That exists naturally inside of you and needs no further development. This is a very important difference!

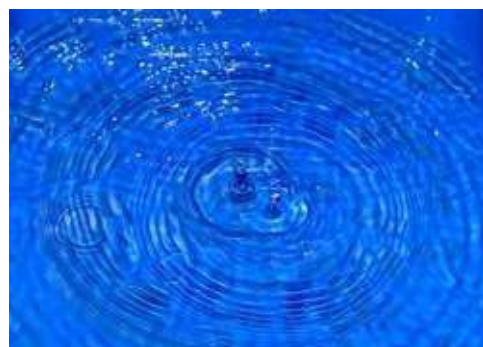
Instead, the skill and habit you're developing is one of just energetically WALKING AWAY from anything that interferes with you being able to experience your Core State. So you simply don't engage things that interfere, you just look in another direction and re-focus on your Core State feeling-memory which you know very well at this point.

An analogy can be helpful here. Imagine that you have to walk a certain route each day to get to work. But in places along that route there are always people hanging out that ridicule or hassle you.

You then learn to take a detour around those areas to avoid the places with the people that interfere with your peace of mind and safety. Walking that detour route then soon becomes an ingrained habit that you just do automatically without even thinking about it any more.

In the same manner you can learn to identify the places in your inner life where you encounter interference that then distracts you and interferes with your ability to experience your Core State.

Once you're aware of when such an interference is occurring, you can then choose to re-focus your attention on your Core State feelings. By focusing on what they



feel like you're bringing up those feeling-state memories to be energized, amplified and re-experienced. Each time you do this it becomes easier, and your Core State feeling-memory becomes more powerful.

It really is very simple, and yet it's simultaneously very powerful and effective. As you work with this you'll increasingly need less effort to return to your Core State feeling-memories.

This may occur very rapidly for some people and take much longer for others. You'll therefore do best to not compare your own progress to anyone else. Each of us is unique and we each have our own particular patterns which we've come into life to work with... i.e. "One man's pleasure is another man's pain."

Everything you experience on a feeling level is based on feeling-memories, many of which may not have any mental-memory counterpart.

You therefore need to make a choice as to which feeling-memory you want to experience. The choice is simple and is informed by your feelings -- which one feels best?



One of the common problems many people encounter with doing this occurs with something I call their "Justifier." This is that part of yourself that will tell you that you are justified in feeling angry, or whatever other turbulent emotions may arise, in reaction to something that has occurred.

It's very difficult to eliminate the Justifier when you are having a reaction. You can, however, fairly easily re-direct the Justifier by giving it a new job as your "Chooser."

So instead of your inner dialogue being "I feel justified in being angry," it becomes "I choose to be angry." Hmm... that's a much more empowering statement because it gives you the power of choice whereas being justified does not. Now you can choose differently, you're not locked into the negative reaction.

The second part of this technique involves remembering that being angry, hurt or upset **HARMS YOUR HEALTH** first and foremost.



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Therefore, you can acknowledge that you have a choice regards what you're feeling and experiencing, and then you can summon some awareness that will cause you to want to make a choice to feel something positive that truly supports your health and wellbeing!

Inner peace ALWAYS supports your health and wellbeing. With that awareness dawning on you you'll surely go for it and swap out your harmful reactive emotions for inner peace and the experience of your Core State!

To summarize then, this entrainment step is where you establish the habit of going back to experiencing your Core State feelings every time they become weak and slip or fade away.

Lose your way, find your way back... thus you become entrained or habituated to keep coming back naturally once you've done it enough times!



4. SUSTAIN: Remain in your Core State Continually

As you become increasingly proficient at entrainment in Step #3, this step will naturally unfold.

However, it should always be remembered as your ultimate goal right from the beginning. If your goal is just to experience your Core State feelings every so often, then that's what you will indeed get.

Goals are important because they help us set our intentions. Our intentions in turn guide and inform us in ways we are not always aware of on a conscious level.

Intentions help create beliefs, and everything regards how we experience our reality is created by our underlying beliefs. Many of our beliefs are sub/unconscious and thus we may not be aware of them.

When we're trying very hard consciously to accomplish or create something in our life and it just does not seem to be happening, this is almost always the result of limiting beliefs on the sub/unconscious level that are opposing the beliefs we have on our conscious level.

There's a great deal being taught on this topic elsewhere so I'll not duplicate it here other than to say that you can change limiting sub/unconscious beliefs by energizing more powerful core intentions.

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This sustain step is therefore about setting core intentions that serve the purpose of dissolving any such self-limiting sub/unconscious beliefs you may harbor that would in turn interfere with your ability to experience your Core State more continually.

Let me also explain that experiencing your Core State more continually does not necessarily mean that you will never ever have any times in your life where you may leave your Core State. Given the current state of human affairs this would not be a reasonable goal for most people.

It does mean, however, that whenever this occurs, you'll immediately know it and desire to be back experiencing your Core State so deeply and profoundly that nothing -- LITERALLY NOTHING -- will be able to stop you from returning to your Core State quickly and efficiently. You'll CRAVE it!

Returning to your Core State feelings thus becomes THE PRIORITY in your life and takes precedent over everything else. This is what it takes to be able to sustain the experience of your Core State.

Once you've discovered your Core State in Step 1 this becomes a self-motivating movement too. Experiencing your Core State is so wonderful that there's nothing that can hold a candle to it, no matter how shiny, glitzy or enticing it may be.

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Are you ready to take this journey?



PART II - HOW TO

INTRODUCTION

Reminder, this is about being able to experience your "Best You" a lot more often! I'll be presenting some simple steps for you to follow to achieve this now. They're actually easy to remember and do as well.

The first thing that needs to be addressed is any doubts that you may have regarding whether you can actually succeed at doing this. These can show up in many ways, here are some of the more common ones.

- Can this really be true?
- My reactions are usually just too strong to change them.
- It's all hopeless, what's the use.
- You can't teach an old dog new tricks.
- My reactions are kind of exciting, I'm not sure I want to part with them.
- Life's about a rich diversity of experiences, the good and the bad.
- I've tried lots of stuff like this, it never works.

There are many more, but most of them are variations on one or more of the above.

There's only ONE thing you need to do with any of these types of negative self-defeating types of thoughts... STOP THINKING THEM!

In order to stop thinking them you need to be self-aware enough to catch yourself in the midst of thinking them and then re-focus your thoughts in a new direction. However, even recognizing that you were thinking these limited thoughts some time after-the-fact is still very helpful.

Regardless of when you recognize that you were immersed in negative thinking about what may be possible with this program or anything else, it's very important to not be hard on yourself. If you are, then you will try to avoid having this same type of self-awareness again. This is because it doesn't feel very good if you have such an awareness and this then causes you to get down on yourself. When that's happening you'll naturally want to dodge the unpleasant "down on yourself" feelings by not being that self-aware.

Instead of being harsh on yourself when you catch yourself thinking such self-limiting thoughts, make a conscious choice to be gentle and kind with yourself. Instead of being upset with yourself for thinking limiting thoughts again, realize that you've just risen to the occasion to be self-aware enough to spot some limiting things that have been keeping you from experiencing your "Best You." In doing so you're then one step closer to that goal! Way to go!



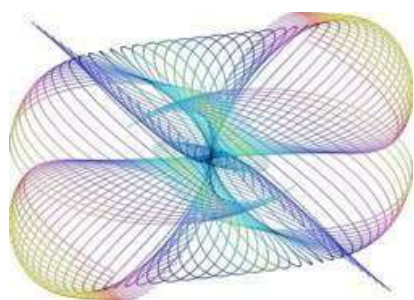
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The techniques I will teach you in Part II can help you change how you respond to life's circumstances so that you do so from the place of the "Best You" a lot more of the time. These are, however, not the only means that you can use to accomplish this. If something else comes to mind you think may work better for you, by all means give it a try.

Always keep in mind that your goal is to be able to just experience your Core State's "Best You" quickly and at will. As you become more proficient at doing this the need for any such tools or processes as we're teaching herein will simply fall away. Be aware of when it's time to let them go and do so!

4 STEPS TO THE BEST YOU - "HOW TO"

1. DISCOVER: Learn to Experience your Core State



You may already be well versed in what your Core State feels like. Even so, you may still wish to work with what's offered in this step in order to help better calibrate your Core State compass.

There are a vast number of ways to discover what it's like to experience your Core State. While there will be similarities, each of us will have our own unique way too. This is therefore just where we begin.

- ▶ First let go of anything and everything that's troubling or stressing you right now. Take some deep breaths and relax into them to help you with letting go of the tension and stress.
- ▶ Begin by taking a trip through the Memory Lane of your life. Look for specific times where you felt that you were so happy and content inside of yourself that nothing else mattered or was really needed. What we're speaking of here is a calm, peaceful, balanced type of happy, rather than a wild, excited or giddy type of happy.

If you can identify a few of these times all the better. Write down some notes about this/these time(s) in your life. All that's needed is a few keywords about them that you can use to trigger their memory back into your mind and feeling experience.



Having more than one to use will allow you to mix them up and keep things interesting. Sometimes one type of feeling-memory works a bit better in some circumstances than others will. There is no formula, you just have to try them and see for yourself which one's work best under what circumstances.

If you have had a life completely devoid of such experiences and have no such positive memories to use, my heart feels your pain. In such a case please see the Special Needs section at the end of this step for some alternative ways to get started discovering and experiencing your Core State.

► Take one of the positive life-memories you've identified and focus intently upon it. By focusing intently, I mean to re-live that experience again in your whole body, mind, feelings and being. Re-live it as if you were right there once again.

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In other words, totally immerse yourself in the memory of that past experience.



► As you do this, notice what you're feeling in your body and emotions.

It's the feeling part of the memory that is the most important and powerful. We tend to relate to memories as our thoughts about the facts of what happened.

There is, however, very powerful feeling states associated with our memories. In this case we're dealing with very powerful, positive, and good feelings. Jot down some notes about the quality and nature of the good feelings you get in your body and emotions with this memory. Writing about them will help to "lock them in" so they're more accessible to you when you recall them.

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- Continue to focus intently on the feelings associated with your positive life memory. This will make these positive feelings even stronger.



Now see if you can make a distinction between what you're feeling in your body, versus what you're feeling in your emotions. Jot down some notes about the differing qualities between the feelings you are having in your body versus those you're experiencing in your emotions.

These may be very subtle differences, and if you do not detect any differences right now, don't be concerned about it!

- Now that you have a good sense of the feelings in your body and emotions which are associated with your positive life memory, begin to breathe these feelings slowly, deeply and rhythmically in and out through your heart.

To do this just imagine your breath, and these good feelings, being inhaled and exhaled through your heart. If need be you can place a finger on your heart to help you focus and bring

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all the attention of your awareness there. Breathing these feelings like this will amplify them, it's actually a scientifically documented physiological effect that has been measured many times.

Notice how your positive feelings get stronger and more powerful as you breathe them in and out through your heart. Remember, where your attention goes, energy flows!

► By experiencing this amplified positive feel-good energy that you're feeling in your body and emotions right now, you have discovered your Core State!

DISCOVER ~ SPECIAL NEEDS



If you've never experienced any positive feelings or happy times at any time in your life, it's time to begin! There are a lot of various ways that you can use to generate some

positive good feelings. Here are but a few suggestions:

- ▶ Recall a movie that makes you laugh or feel good in some way.
- ▶ Imagine yourself doing something outrageously silly to make other people laugh and feel good.
- ▶ Actually do something outrageously silly!

- Paint your toes different colors.

- Mess your hair up and see how funny you look in the mirror.

- Make super funny and/or weird silly sounds.

- Make faces at yourself in the mirror.



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- ▶ Get a trusted friend to help you by making you laugh in their own unique way. Let them read this section first so they get the idea.
- ▶ Participate in some Laughter Yoga classes or events.

OK, you have the idea... generate positive and happy feelings right here and now. This will also break your life-long trend of not experiencing any positive feelings and that alone will be a significant life-changing event!



However, if you are in such deep depression that doing anything along the lines of our suggestions above will simply not work, you truly need to seek some professional help for your depression, and then come back and give this another try.

DISCOVER ~ SUMMARY

Your Core State is not something you're developing, it's always there inside of you just waiting for you to experience it. It would be present for you to experience all the time if you didn't do so many things that interfere with your ability to experience it.

It's important for you to have a strong sense right now, that this good feeling-memory you used to discover your Core State, was created during circumstances in your life that for a brief period of time didn't include the stuff that interferes with your ability to experience it.

You've more than likely attributed the positive good feelings in this memory with the circumstances of that time or event. In other words, you've perceived that the circumstances you were in at the time created the positive good feeling state you experienced.

You might be thinking something like, "hey, I was on holiday, no worries, sunny beaches, nice weather... I was happier than a clam!"

The truth of the matter is, those lovely circumstances were helpful, but they're not the CAUSE of what you experienced inside yourself as positive good feelings.

Those positive good feelings are the "Best You" that waits for it's

chance to emerge. When we're on holiday it's common for us to engage less of the stuff that interferes with experiencing our Best You so this more naturally happens.

If you can make the connection between the positive good feelings you're experiencing right now and your Core State you will be well on your way. Take a moment to do that now.

In this HOW TO step you used an existing positive feeling-state memory to open the door to experiencing your Core State. Your Core State is not the positive feeling-memory, nor the circumstances you were in when it was recorded. Those are just stepping stones paving the path you walked to experience it.

2. IMPRINT: Remember your Core State Feelings



Once you've discovered, experienced and amplified the positive good feelings in Step 1, and you've come to recognize and accept that those good feelings are actually coming from your Core State, you've already begun to imprint the feeling-state of your Core State.

By "imprint" we mean that you recognize these positive feelings

Core State Entrainment™ ~ Life Enrichment Technique

are your Core State emerging into your experience, and you've made them so strong inside of yourself that you can easily recall and re-experience them again at will.

Once they've been imprinted properly you'll not need to focus for very long on the positive feeling memory before these wonderful feelings flood back in to be re-experienced as your Core State.

Imprinting Core State feeling-states therefore involves re-experiencing them over and again until your ability to summon these feeling states at will is fast and effective. This is just like developing any other habit, if you do it often and well enough and you'll make it happen almost automatically.



OK, let's do some imprinting!

- ▶ Think about some difficulty you've had to deal with in your life that tends to trigger strong negative feelings for you. Allow yourself to feel those negative feelings for a minute or two.
- ▶ Accept those negative feelings, do not demonize them or yourself for having them. You're just a human being having an emotional experience, no more, no less.

- ▶ Now re-focus again on one of your positive feeling memories and begin to breathe those good feelings in and out through your heart.

Notice how your feelings change as your focus of attention changes...

This is your key!



- ▶ There, you've just completed another cycle of imprinting your Core State feeling state. Reflect on how that simple shift to a negative feeling state, and then back to a positive feeling state, was rather easily and quickly accomplished.
- ▶ Complete several more negative/positive shift cycles like this, each time using a different positive feeling-memory state, and also a different negative feeling-state trigger. Notice that there are core commonalities between ALL of the positive feeling-states even though you are accessing them through entirely different feeling-memories.
- ▶ Focus now on the core commonalities in ALL the positive feeling-states as being a larger piece of your Core State. This composite feeling-state is now no longer directly associated with the feelings of a single life-memory. You can therefore bypass using such life memories entirely if you wish and just go straight to

the Core State composite feeling-state. Your feeling-memory in this case is refined down to just the incredible goodness and warmth of the feelings themselves. Now you've deeply imprinted Core State feelings!

3. ENTRAIN: Return to your Core State at Will



Entrainment occurs every time that you REMEMBER to return to experiencing your Core State whenever you become aware that you've left it.

Each time you do this you further establish returning to your Core State feeling-state as a very healthy habit.

Entrainment is related to epigenetic and neural programming (Google these terms). As you use the Core State Entrainment™ techniques and focus, your entrainment will continue to solidify making it increasingly easier for you to return to and sustain an experience of your Core State.

Entrainment really happens directly within the cauldron of life, and engaging it that way is the most powerful, effective and enduring way of achieving it. Fortunately, life has plenty of opportunities for

us to practice it too!

That said, there are some additional things that you can do to help increase your Core State Entrainment™ levels.

► Cultivate self-awareness regarding what your feeling-state is each and every moment. It's quite easy in modern life to get so busily engaged with what it takes to get through each day that you lose awareness regarding what feeling-state you are actually in.



This causes your Core State feeling-state to slowly dissipate and slip away as you creep inch by inch towards a more negative reactive type feeling-state. Then, that one little something suddenly happens and triggers a full-on negative emotional reaction and we all know the rest of that story.

You can cultivate this type of self-awareness in a number of ways, be creative. Some suggestions we can offer include:

- Set up Core State self-awareness reminders for yourself:
 1. Get into the mental habit of regularly asking yourself what feeling-state you're in at the moment.
 2. Make "Feeling-state?" stick-it reminder notes and hang them around.

3. Set an hourly alarm on your phone with, "What feeling-state am I in now?"
4. Write reminders on your hand or arm, "Feeling-state?"
5. Have a spouse, family member or friend ask you what feeling-state you're in whenever they think of it, or if they sense you're getting out of sorts.



6. Make up fun games that involve being more aware of your feeling-states. Things like: "_____makes me feel like _____," which can be played using objects in a room, along a road, in a park, in a store, etc.► Never pass an opportunity by to return to your Core State feelings when you've been negative and reactive. Even if you forget to return to your Core State feelings during a reaction or are

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unable to, it's never, ever too late. The first chance you get, take a few minutes to recall and relive that reactive negative feeling-state experience again, and then re-focus and shift into your Core State feeling-states like you wish you would have done originally.

When it comes to feeling-state memories there really is no time. They can be experienced just as real after your original reactive feeling experience occurred as they were during it. This pesky truth often causes us serious emotional problems and disturbances. However, the good news is that you can use it like this to your advantage and turn that whole crippling dynamic upside down to your favor!



► Always first accept your negative reactive-type feeling states before attempting to refocus on your Core State feeling-states. The so-called negative feeling-states are a part of your human experience, and they should therefore not be demonized or judged to be bad.

Instead, relate to them as something you'd simply prefer NOT be experiencing. Moving from one state to the other can then just be a simple a matter of choice and it does not need to involve any self-

judgment, condemnation or struggle, all of which are counter-productive and non-effective.

4. SUSTAIN: Remain in your Core State Continually

As you become increasingly proficient at entrainment, this step will naturally unfold also.

However, sustaining the experience of your Core State should always be remembered as your ultimate goal from the very start. If your overarching goal is cast as only being able to experience your Core State feeling-states every so often, then that's exactly what you will get. Goals are important because they help us set our directions and destinations in life.

Sustaining an experience of Core State feeling-states does not necessarily mean you'll never slip out of these states either. We are limited human beings after all, and it's fine if this happens.

Sustaining your experience of Core State means on the one hand, to do your best to remain as fully within your experience of Core State feeling-states as you are able to, while on the other hand being able to quickly recognize when you're not there and effectively return. To the degree that you are able to do this, you will be sustaining your experience of Core State.

It's thus not how many times you slip out of your experience of Core State feeling-states and must return that matters so much as

what percentage of the time overall that you are experiencing Core State feeling-states. The greater the percentage of time you are experiencing Core State, even if you have to constantly keep returning there, the better.

Additionally, the amount of "deflection" you experience when slipping out of Core State matters as well. Deflection is how reactive you became when you left Core State. In other words, how far out of Core State you actually got. The



more proficient you become with this program, the less deflection you'll experience when you do slip out. This makes it much easier to return, and it smooths out the ride.

If you've been thinking that there is very little difference between STEP 4, SUSTAIN and STEP 3 ENTRAIN, you'd be right! The activity in each is almost identical. It's mostly an adjustment of focus that changes within that activity.

For entrainment you are focused on being keenly aware of when you slip out of experiencing Core State feeling-states and figuring out how to quickly return.

In sustaining you are trying to smooth that process out as much as possible to transform your in/out roller coaster ride into

something more akin to sailing gracefully with a steady wind across a smooth lake.

Being able to accomplish this usually takes some practice. It requires having a type of finesse within your own emotional nature. Here are some suggestions to help make this part easier for you:

1. Don't feel bad when you discover you've slipped out of



Core State. Doing so will take you further out! Instead be grateful that you discovered it had happened when you did! Praise yourself for having that degree of self-awareness. Doing this will start to

bring you right back into your Core State. It will also promote further development of this type of self-awareness.

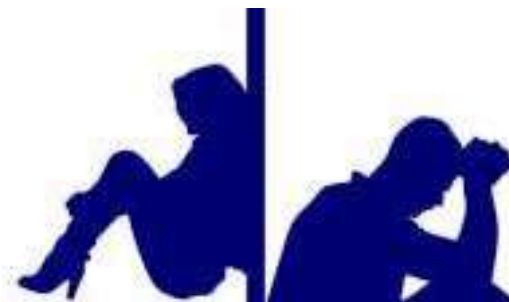
2. Adopt a practice of doing day-end reflections on how you did for the day in regards sustaining your experience of Core State feeling-states. Identify where you did well and where you need to improve. Make a few notes regards the things that caused you to slip out of Core State and how you might be more aware in those situations.

3. Keep a Core State progress journal for #2 above. Review your Core State progress journal every couple of weeks. In your journal



reviews look for repeating patterns and other self-awareness clues that can help you become more proficient in sustaining the experience of your Core State feeling-states.

4. Remember, your Core State is ALWAYS there within you just waiting to emerge within your experience. Your "slipping out" of Core State is actually just one part of you separating from another part of you. The Core State part of you has not gone anywhere though, it's still there within you.



This is somewhat akin to what happens when you have an argument with someone close to you. You feel distant or separate from them until you make amends. They are still there, they haven't gone anywhere, but you experience the connection with them differently and sense that somehow they are separate and distant. Often in these situations all that is needed to make amends is a tad bit of humility, understanding and a few kind words.

Likewise with your Core State feeling-states, the moment you take the soft gentle approach with whatever caused you to slip out of Core State, you immediately begin to return to experiencing what is always there just waiting to be experienced by you.

I'll Meet You in Core State!



More Core State Entrainment™ Resources

