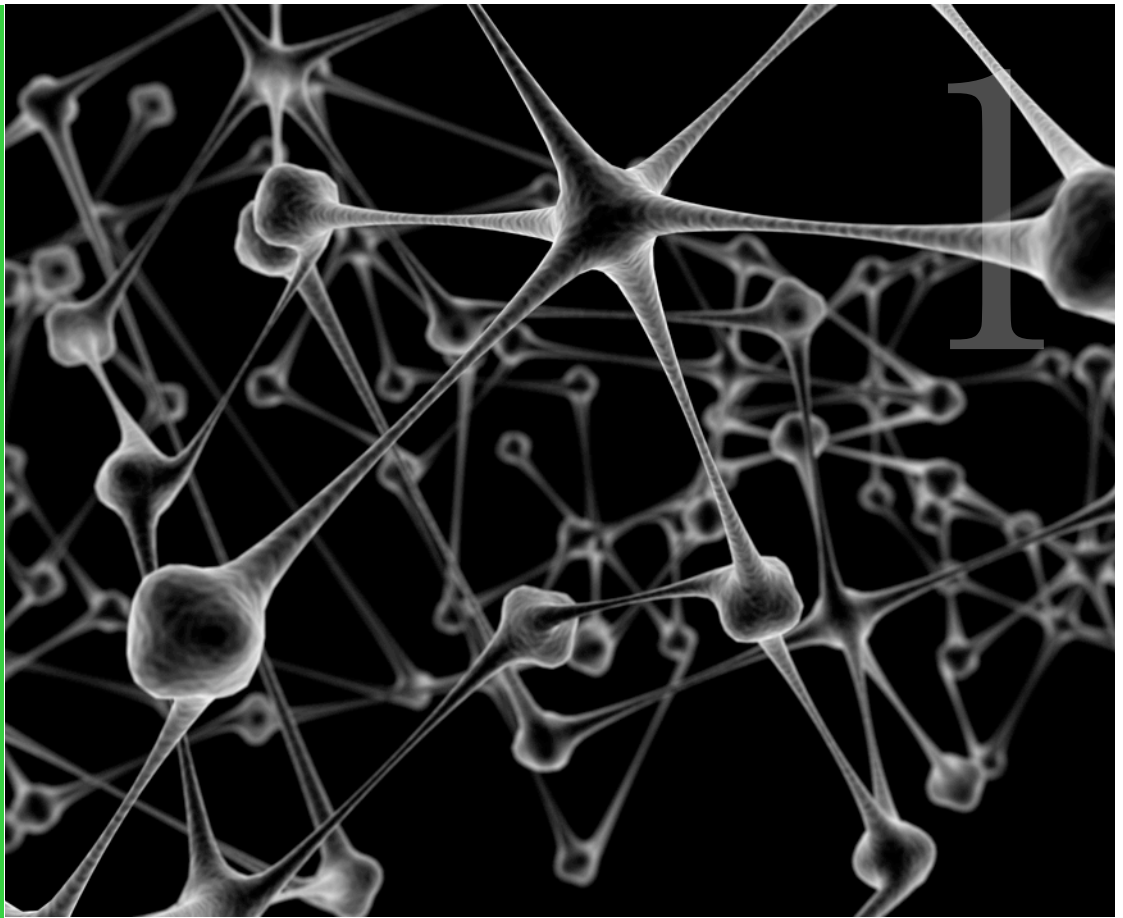


"Delivering Understanding" was the catch phrase of choice from the outset. Today it applies more than ever with this, the first of many, thought provoking newsletters.



Picking the brain

Exploring the assumptions behind RapidRest

By Gareth Vaughan

Welcome! Each month this newsletter will host an article exploring one of the ideas or assumptions addressed through RapidRest when working with my clients to develop their individual and team potential.

The topic of discussion for this month's article is our internal reality. Every thought, every action and every feeling we experience is a response not to our true environment, but a carefully constructed perception within our minds.

This internal reality holds great influence over our unconscious or "automatic" thinking. Not just the things we do without thinking, but also the way our minds automatically filter and shape our experience.

Our unconscious thinking has the job of keeping us sane, and the assumption it relies on to maintain our sanity is this - "If the reality stands up, we are OK!"

What this means is that when we create a reality, our mind immediately sets to work in order to insure that it does indeed "stand up".

Think of the last time you said to yourself "I CANNOT find anywhere!", following which you search high and low only to have someone point the item out sitting on a table right in front of you.

Frustrating of course, but what does this mean? What if your mind blocked out that information on purpose to make your reality stand up?

Consider you are at work, you tell yourself something like, "I hate these meetings, I always get stressed and can't think!". If your mind can stop you from seeing things that are right in front of you, what else does it control? Of course, you enter the meeting and immediately begin struggling to remember the information you need.

It's when you leave the meeting, only to have all of the information you wanted 20 minutes ago flood into your mind, that it becomes obvious this is a resource you should be learning to control effectively.

For any questions about this article or RapidRest in general, please contact Gareth Vaughan on 0412147906, or by email at gareth@rapidrest.com.au