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Repeated Samples from Life That Prove It Is All in Your Head



Nicholas Pollak / August 31, 2009 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

[img]560|left|Nicholas Pollak||no_popup[/img]If you still don't believe that it is all in your head, let me offer you a story of an incident that occurred to me a few weeks ago.

I was riding my Harley along the No. 2 lane, eastbound, on the Ventura Freeway, the 101, when the car in front of me abruptly changed lanes.

This left me with the complete understanding of why he did so when I hit an iron bar in the lane. The Harley took it in stride. But I came a foot out of my seat from the impact.

I pulled over to check the right side rim of my front wheel and the same for my rear wheel. Seeing no damage, I returned to traffic and rode the remaining 30 miles home at regular speeds.

I wanted to ride again, I noticed a huge dent in the left side of the front wheel rim.

Riding to the nearest Harley dealership for an immediate repair, I was so worried that the tire would deflate or the rim would separate from the wheel, i traveled atr no more than 10 to 12 mph.

Yet 5 days earlier, I rode the same bike with the same damage at speeds of 60 to 70 mph without a concern.

It's all in your head.

Depends on Your Perspective

If I placed a 1 foot wide by 6 foot long plank atop two bricks and asked you to walk across it, would you?

Probably.

Taking the same plank and resting it between two buildings, but on the 20th floor, would you still walk across it?

Probably not.

Same plank, and it requires the same skills as when it rested atop two bricks on the ground. But your perception has changed due to the plank's new location.

It's all in your head.

A stuntman once was asked whether he felt in any danger racing his vehicle at 100 mph along a street with less than 2 feet separating him from the car driving next to him while his partner leaped from one car to the other.

No more dangerous than driving in a lane on a freeway with less than 3 feet separating the vehicles in the lanes, he said. And a lot more vehicles have drivers who are not trained as stunt people.

Most of us drive on freeways and accept the speed and close proximity of other cars as a daily routine.

It's all in your head.

The truck that was stuck under a bridge with no one able to figure out how to get it out until a 6 year old girl said, "why don't you let the air out of the tires?" The idea worked when all others had failed.

It's all in your head.

Then there was the mother whose daughter was trapped under the rear wheel of a three-ton truck. She lifted the truck with her bare hands, pulling her daughter free when no one else could lift the truck. She only knew her daughter needed help. The size and weight of the truck did not matter to her. She just lifted it.

It is all in your head.

We limit ourselves based on our belief systems. We can feel uncomfortable when our belief systems are challenged. Take away the discomfort.

Then allow yourselves to change your perceptions and belief systems, allow yourselves to think differently, to believe you can do the things that you thought you were unable to do before.

When you wake in the morning, rather than allowing your feelings to dictate how you feel, you can choose how you want to be for the day. Too many of us allow how our bodies feel to dictate how we should feel mentally.

Even though you may not be feeling well, you have the power to change your thinking. Your body may feel awful, but mentally you can be okay.

It's all in your head.

How to Feel Better

Try this exercise. Just before going to sleep, tell yourself:

body relaxes totally and completely. I awaken every morning refreshed, alert, relaxed, ready to accept any challenges with a confident, happy, prosperous and successful outlook. Five, four, three, two, one, zero. I go to sleep.”

This allows you to consciously let yourself sleep. In the morning, the moment you awaken, tell yourself the following:

“Zero, one, two, three, four, five, eyes open and wide awake.”

This allows you to consciously awaken and take control of your thinking processes before they dictate to you how you are to be for the day.

By deciding how you want to be, rather accepting what your mind tells you, you are already on the road to a more successful day, ultimately a better life,

You will accomplish things you had not let yourself accomplish before because you have broken away from your outdated thinking.

It’s all in your head.

The power of your subconscious will do the rest.

A clinical hypnotherapist, handwriting analyst and certified master hypnotist, Nicholas D. Pollak may be contacted at [**nickpollak@hypnotherapy4you.net**](mailto:nickpollak@hypnotherapy4you.net) ([**\(mailto:nickpollak@hypnotherapy4you.net\)**](mailto:nickpollak@hypnotherapy4you.net))



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