

# UNLOCKING THE POWER OF “I”

*Invention, Inspiration, Insight, Illumination,  
Interest, Inclination, Innovation, Instigation,  
Intelligence, Imagination, Ingenuity, Intuition,  
Investigation, Initiation, Intention, Identification,  
Intension, Ideation, Improvisation, Interpretation,  
Induction, Initiative, Implementation Introspection,*

**I:** The essential self, the center of consciousness, that part that is self aware.

**Intelligence:** Capacity for reasoning, understanding, and other forms of mental activity.

**Imagination:** The action of forming mental images or concepts of what is not actually present.

**Induction:** Reasoning where the conclusion does not necessarily follow from the premises.

**Intuition:** Direct perception of the truth, independent of any reasoning process.

**Invention:** The act or instance of producing or creating by the exercise of the imagination.

**Inspiration:** An animating, quickening, or exalting ,thought, action or influence.

**Insight:** Penetrating mental vision or discernment, faculty for seeing underlying truth.

**Illumination:** Intellectual or spiritual enlightenment. To light up, to throw light on.

**Introspection:** Observation or examination of one’s own mental and emotional state.

**Intension:** Exertion of the mind. Determination, intensity to a high degree.

**Ideation:** The process of forming ideas or images in the mind.

**Improvisation:** Composing extemporaneously, creating at the spur of the moment.

**Interpretation:** An explanation and or the translation of the meaning of another’s ideas or work.

**Interest:** That which draws attention, concern, curiosity, or involvement.

**Inclination:** A set or bent of the mind or will. A liking, or a preference.

**Innovation:** Something new or different introduced. Creating with new outcomes.

**Instigation:** To urge, provoke, or incite, some action or course.

**Intention:** One’s attitude toward the effects of one’s actions or conduct. One’s purpose.

**Initiation:** To introduce into the knowledge, some art or subject.

**Investigation:** To make an inquiry or examination of the particulars, in an attempt to learn.

**Identification:** To associate with in feeling, interest, and actions.

**Initiative:** Readiness and ability to take a leading action. One’s personal enterprise.

**Implementation:** To fulfill, perform, or carry out, with a definite plan or procedure.

**Ingenuity:** Skill or cleverness in planning or inventing.

# Creativity and Problem Solving Skills

An important function of the Alpha State is to foster the initiative to think beyond the boundaries of what is. The purpose is to promote the kind of thinking that will be needed to meet the needs of a rapidly changing corporate technology and an even more rapidly changing marketplace. In Alpha you make use of those particular states of mind that provide access to the power of creativity

As we leave the Industrial Age and move into the Information Age there is a need to develop different skills. In this new age, the two most important skills become making things up, and figuring things out. In the past, many people did much the same jobs, as in the factories on the assembly line. In the future, specialization is becoming more and more prevalent; and, in the office, everyone is doing something different. We can no longer depend on the same old answers, because we are creating brand new problems. The key to the future involves creativity and problem solving. How we experience our problems is a more significant factor in our happiness than are the specific problems that we experience. As we said, life is not about becoming free of problems, rather it is about becoming a better problem solver. Instead of complaining and worrying, we can learn to see our problems as creative opportunities that give us the chance to grow and improve. We can take on our problems as puzzles to be solved, or as challenges to be overcome.

When we get into stressful beta states, the filter or reticular activating system closes down, denying us access to memory and creativity. By utilizing the alpha state you get in touch with your problem solving capabilities. With the filter open, you can use your imagination to go beyond what you know into all that could be. Often it is difficult to solve problems because we can't clearly see the problem for what it truly is. This is the "you can't see the forest for the trees" syndrome. We get caught up in the emotions and sometimes seem to blow the problem all out of proportion. Sometimes we need an alternate perception in order to see the problem in a different way. Step outside of the problem, and change our perception, and the problem seems to change .

Imagine that the problem belongs to someone else. If this were true, what kind of advice would we give them? What would we say that their first step could be? How would we help to motivate them and get them going? What resources would we suggest that they utilize? How can we help them be confident of their process and their ultimate success? Pretend that the problem is already solved. Think backwards from the solution back to the first step. Remember how we did it. Where we were when we figured it out ,what we were doing? Realize how good it feels to have it solved. Be proud.

Sometimes we can solve a problem simply by realizing that it is not really a problem at all. Many problems can be seen in a positive light, as creative opportunities to exercise our minds and our talents to create some positive change.

For every problem there are solutions. Some are better than others. One of the most limiting forms of thinking is to assume that there is only one right answer to your problem. This rigid and restrictive thinking process comes from the rigid and restrictive experiences we had in school. One right answer to each problem and anything else is wrong. We must break out of that mold in order to truly be effective problem solvers. If you relax your mind and use your imagination and your creativity you will find unlimited resources at your disposal.

Almost all of the great problems that have ever been solved have had their solutions begin in some woman's or some man's **daydream**. It is the daydream-like alpha state where most great ideas are born. One little clue or creative idea is all that it takes to begin solving the most perplexing problems. Alpha is a great tool to get in touch with your memory and imagination. It is a wonderful technique to improve your capacity for problem solving and to enhance your creativity. You can program your mind to help you solve your problems. We can program our minds to open up to a very powerful channel of creative energy. We can program our minds to enhance our insight, intuition, and inspiration. We can inspire our mind to reach levels of genius.

Practice with all these Alpha Exercises, and invent some of your own. The secret to success is not only knowing what to use but also using what you know, **and using it over and over again with great passion**. Persistence and passion are the keys. Changing the way you read is a metaphor for life. With the same techniques, you can reprogram any habit, attitude, or behavior you choose. Remember, change can often bring up doubt and fear. Realize that if getting some assistance would be of service to you as you experience your changes, then you deserve it. With Alpha, you know you have the power to manage change, and knowing you can, will let you realize that you must.

## **SELF EXPLORATION EXERCISES**

What do I think and feel about who I am?

What do others think of me?

In what ways am I satisfied and dissatisfied with my life?

What negative beliefs do I have that limit my potential?

How would I change who I am?

Does my life have direction and purpose?

What is self-acceptance and do I have it?

What are my strengths and weaknesses?

What are my best and worst habits?

What have I mastered and how am I special?

What can I do to facilitate rapid growth in my life?

Do I feel whole within or what is missing?

How well do I treat myself?

How am I at fulfilling my own needs and not expecting others to do it for me?

How good am I at keeping commitments to myself?

What things or people in my life do I need to give up because they no longer serve me?

What past failures do I need to release to feel free'?

How would it feel to unconditionally accept myself and take full responsibility for my life?

What are some of the major changes and transitions I have been through?

What resistances do I experience to making changes?

What are the most important changes I need to make'?

In what areas of life do I find myself repeating mistakes'?

How do I feel about success and failure?

In what area of life do I take the most risks?

Do I have detailed goals?

Do I have a plan for achieving my goals?

How do I do at getting started on major projects?

How am I on finishing major projects?

Who do I know who can help me achieve my goals?

How would I rate myself as a problem solver?

How do I feel about myself as a learner?

How good is my ability to remember things?

In stressful situations do I perform better or worse?

What are my energy levels like?

How well do I sleep?

How am I at dealing with physical and emotional pain?

When are my energy levels up and down?

What is the greatest change I could make to become healthier?

How long would I like to live?

# PERSONAL GROWTH EXERCISES

Imagine you know all about your authentic self. What do you know?

Visualize how your life is better when you know the true you.

Imagine the most positive things about yourself that you possibly can.

Imagine that you are feeling really confident about your future.

Imagine some of your past failures coming to your attention and then being released.

Imagine listening to the people who love you give you wonderful compliments.

Imagine meeting new friends that will assist you in your journey.

Get in touch with some of your unique gifts, talents, and abilities.

Experience knowing what is so special about you.

Imagine using some of your unique talents to enhance your life.

Visualize that you have changed yourself in some positive ways.

Imagine releasing some bad habits.

Imagine developing a truly wonderful habit.

Imagine releasing much of your doubt.

Imagine releasing much of your fear.

Imagine releasing much of your confusion.

Imagine how it feels to be safe.

Imagine yourself as a great problem solver.

Imagine yourself as a great learner.

Imagine yourself as a great communicator.

Imagine that you are experiencing optimum health.

Tell yourself that you are taking full responsibility for the life you are creating.

Imagine how it feels to love yourself unconditionally.

Visualize what you look like when you know who you are and where you are going.

Imagine you are attracting into your life what you most need. What do you see?

Tell yourself that you were designed for accomplishment and engineered for success.

Imagine how it feels to know that you were endowed with the seeds of greatness.

Imagine meeting life's challenges with an attitude of peace instead of conflict.

Imagine releasing all the blocks and resistances to your feeling fulfilled.

Remember or imagine a time when you felt truly loved.

Imagine an inner guide giving you some sage advice.

Imagine a future filled with joy and happiness.

Imagine what life can be like from now on.

## QUOTES TO GROW BY

"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success."

Norman Vincent Peale  
Speaker and Author

"I have learned this at least by my experiment: that if one advances confidently in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with a success unexpected in common hours."

Henry David Thoreau  
Writer and Poet

"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."

Mahatma Gandhi  
Indian Political Leader

"The difference between the impossible and the possible lies in a person's determination."

Tommy Lasorda  
"Hall of Fame" Baseball Manager

"The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible."

Richard DeVos  
Co-founder of Amway Corp.

"A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before we changed."

Earl Nightingale  
Philosopher and Syndicated Radio Personality

"One of the secrets of success is to refuse to let temporary setbacks defeat us."

Mary Kay  
Founder of Mary Kay Cosmetics

"We can let circumstances rule us, or we can take charge and rule our lives from within."

Earl Nightingale  
Philosopher and Syndicated Radio Personality

"You are what you repeatedly do. Excellence is not an event - it is a habit."

Aristotle  
Greek Philosopher and Scientist

"The victory of success is half won when one gains the habit of setting goals and achieving them. Even the most tedious chore will become enduring as you parade through each day convinced that every task, no matter how menial or boring, brings you closer to achieving your dreams."

Og Mandino  
Author

Opportunity does not just come along - it is there all the time - we just have to see it.

Earl Nightingale  
Philosopher and Syndicated Radio Personality

"Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously and never permit it to fade. Your mind will seek to develop this picture!"

Dr. Norman Vincent Peale  
Author of "The Power of Positive Thinking"

"If you really want something, work hard, take advantage of opportunities, and never give up, you will find a way."

Jane Goodall  
Scientist and Researcher

"If you don't like something, change it. If you can't change it, change your attitude."

Maya Angelou  
Author and Poet

"If you accept a limiting belief, then it will become a truth for you."

Louise Hay  
Author and Speaker

"There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living."

Nelson Mandela  
Former Prime Minister of South Africa

"Even a mistake may turn out to be the one thing necessary to a worthwhile achievement."

Henry Ford  
American Industrialist

"The human mind, once stretched, never goes back to its original dimensions."

Oliver Wendell Holmes  
Supreme Court Justice

"Keep away from small people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

Mark Twain  
Writer and Humorist

"Every memorable act in the history of the world is a triumph of enthusiasm. Nothing great was ever achieved without it because it gives any challenge or any occupation, no matter how frightening or difficult, a new meaning. Without enthusiasm you are doomed to a life of mediocrity but with it you can accomplish miracles."

Og Mandino  
Author and Speaker

"Those who love deeply never grow old; they may die of old age, but they die young."

Benjamin Franklin  
Scientist, Publisher and Diplomat

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no help at all."

Dale Carnegie  
Author and Trainer

"With ordinary talent and extraordinary perseverance, all things are attainable."

Sir Thomas Buxton  
Baronet

"As long as you keep a person down, some part of you has to be down there to hold him down, so it means you cannot soar as you otherwise might."

Marian Anderson  
Opera Singer

"What we see depends mainly on what we look for."

Sir John Lubbock  
British Statesman and Naturalist

"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do, and you've done it."

Margaret Thatcher  
Former British Prime Minister

"I know for sure that what we dwell on is who we become...Become the change you want to see - those are words I live by."

Oprah Winfrey  
Media Personality

"I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time."

Charles Dickens  
Writer

"The best way to predict the future is to create it."

Peter Drucker  
Writer, Teacher and Consultant

"The young do not know enough to be prudent, and therefore they attempt the impossible - and achieve it, generation after generation."

Pearl S. Buck  
Author, Nobel and Pulitzer Prize Winner

"The person interested in success has to learn to view failure as a healthy, inevitable part of the process of getting to the top."

Dr. Joyce Brothers  
Psychologist and Television Personality

"Pain is temporary, it may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever."

Lance Armstrong  
Athlete

"Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon...must inevitably come to pass!"

Paul J. Meyer  
Writer

"The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach."

Benjamin Mays  
Educator and Minister

"Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish."

Sam Walton  
Founder of Wal-Mart

"The answer to any problem pre-exists. We need to ask the right questions to reveal the answer."  
Jonas Salk  
Scientist

"The human mind, once stretched, never goes back to its original dimensions."

Oliver Wendell Holmes  
Supreme Court Justice

“When you ask a dumb question you get a smart answer.”

Aristotle  
Philosopher

“The best idea is fifteen minutes ahead of it’s time.

Woody Allen  
Comic

“All behavior consists of opposites. Learn to see backwards, inside out, and upside down.”

Lao Tsu  
Philosopher/Teacher

“Make sure the penalty for failure isn’t greater than the one for doing nothing.”

Chic Thompson  
Author

“It’s always fun to do the impossible”

Walt Disney  
Entertainment Innovator

The best way to get a good idea is to get lots of ideas.”

Linus Pauling  
Scientist

“Nothing is more dangerous than an idea when it’s the only one you have.”

Emile Chartier  
Author

“Ideas are something that if you don’t execute them they die.”

Roger Von Oec  
Author

There is no failure in not realizing all that you may dream. The failure is in not dreaming all that you might realize.

Dee Hoc  
Founder of the Visa Corporation

## UNWISE QUOTES

“Heavier than air flying machines are impossible.”

Lord Kelvin, President, Royal Society

“The phonograph is not of any commercial value.”

Thomas Edison

“There is no reason for any individual to have a computer in their home.”

Ken Olsen, President Digital Equipment

“Everything that can be invented has been invented.”

Charles Duell, Director U.S. Patent Office 1899

“The USA will not be able to honor the 1970 manned lunar landing date set by Mr. Kennedy.”

New Scientist Magazine, 1964

“I think there is a world market for about five computers.”

Thomas J. Watson, Chairman of IBM

“Babe Ruth made a big mistake when he gave up pitching.”

Tris Speaker 1920

“Who the hell wants to hear actors talk?”

Harry M. Warner, Warner Brothers Pictures 1927

“Groups with guitars are on their way out.”

Delta Records executive (turning down the Beatles)