

# *BRAINSWEEP*



**Evelyn Cole, MA, MFA**  
**The Whole-mind Writer**

**HOW TO GAIN CONTROL OF YOUR THOUGHTS**  
**LEARN WHAT YOU REALLY WANT TO GET**  
**in SIX not-so-easy DIRECTED lessons**  
**and then GET WHAT YOU REALLY WANT**

## **BRAINSWEEP**



Evy Cole

### **INTRODUCTION**

Welcome, you have just entered my six week course for the price of a five-star dinner. The real value, though, lies in taking a leap from your judgment and your disbelief as you follow the directions in each lesson.

The goal of this course is for you it to get your conscious and subconscious minds working together. **COMPLETE ALL SIX** lessons, for they are based on solid research in psychology and learning principles. The pleasure of a five star meal, like other pleasures, lasts as long as your memory of it does. The pleasure of completing this directed writing course lasts far longer, with the added benefit of gaining happiness, self-knowledge and wealth instead of weight.

To learn anything you must write, even if you think you don't like to write. To learn the contents of your subconscious mind you must write **BY HAND**.

**BRAINSWEEP** is a directed journal writing technique to sweep out the rubble that keeps you from meeting your conscious goals.

You may find that your conscious goals are not what you really wanted. Or, you find out why that the other 90% of your brain thinks you can't have it. Either way, continuous goal setting will work for you.

The intimate connection between the writing hand rushing to keep up with the speeding mind usually produces a surprise, often one that creates a solution to a problem.

It's amazing, and it takes courage. Most fears are subconscious. When you find yourself resisting the writing assignments, try to recognize the fear so you can bolster your courage. Often recognition of fear is all that it takes.

Computers are great for quick composition and communication, not so great for reasoning and learning new concepts. Ironically, computers can be counter-productive to learning how to work online successfully when you have to use opposing learning styles at the same time. When your computer classifies your data for you, you won't have it at your "mental fingertips" when doing an operational analysis of your plans. If you have to shift gear too often you are apt to get confused.

And, computers cannot help you discover the hidden foibles and seemingly unrelated and unimportant details in your life that affect your progress toward your goal.

I thought I knew myself well until I went into business online. My failures surprised me. I had to write, by hand on paper, to resurrect the source: my stories. Some are included here. They are peculiar to me, yet universal in application.

Although I am not including all sources for research on the human mind, you can find them in a Google search and see again and again the estimate that most of us use approximately 10% of our brains. The other 90% is subconscious, but powerful. The aim of **BRAINSWEEP** is to harness that power.

**The more we recognize the reality and power of our subconscious mind, the better we use it to serve our conscious intents.**

**Other effective ways to discover what is on your subconscious mind include reading material or listening to audio discs such as Joe Vitale's books and his reading of Dr. Robert Anthony's *Beyond Positive Thinking* on disc, meditating with or without audio discs such as those from Centerpointe, hypnosis, journal writing, and varying forms of psychotherapy. I've attached a list of websites that I recommend.**

### **OUR BELIEFS CREATE OUR REALITY**

**Writing down your beliefs helps you to understand your reality and helps you change it by sweeping out the rubble of subconscious assumptions and beliefs.**

**For example, it's a verifiable illusion that someone else can make us happy or unhappy.**

**Our outer world mirrors our inner world. The human mind attracts whatever is familiar. My father often intoned, "We like that with which we are familiar." I now add, "We get that which is familiar whether or not we like it."**

**Think of someone you have known for many years who believes he or she can make society better by changing the system, or can make his or her spouse happy. Has that person succeeded?**

**There may be the appearance of success, but if you look deeply you will see the truth that no society can be changed from the outside in and no person can make another person happy. We can only make ourselves happy first, and then our recognition and understanding of social systems will change. And the only way we make ourselves happy is through total self-acceptance.**

## **OUR THOUGHTS ARE MAGNETS**

**A successful mind attracts success. An open mind attracts all sorts of wonderful openings. A sad heart (mind) attracts sadness. A poor heart attracts poverty. An angry thought attracts anger. An un-focused mind attracts distractions. Thoughts of wealth attract . . . guess what?**

**“Oh yeah,” I hear you saying as I once said. “All I need to do is think about being rich and the money will pour in. Yeah, Right.”**

**It took me a long time to realize that my subconscious thoughts about myself were attracting poverty. When I swept them out for good I was amazed at the wealth that showed up in my life.**

**The directions in each lesson of BRAINSWEEP require that you write by hand on paper. NO ONE ELSE need read what you write! That's YOUR CHOICE! To be fair, I have included my abbreviated stories with each section plus examples from anonymous volunteers.**

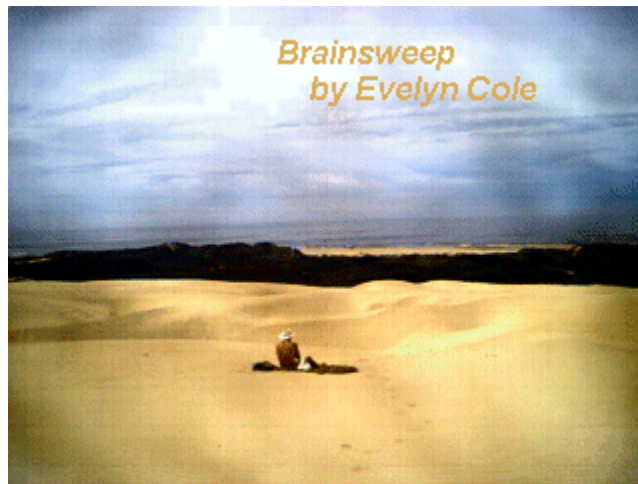
**My paragraphs ARE NOT MODELS, are NOT GOOD, are not anything you should imitate. They are simply honest. That's all. My writing them has changed my beliefs and thoughts that affect my daily actions. Writing your own will clear your thoughts, too. You may find some of the writing fun and some a bit painful. There's a thin line between pain and pleasure. Both say, "I'm alive!"**

**Here's to your life and wealth!**

**Evy**

**Evelyn Cole, MA, MFA 1748 Deer Canyon Road Arroyo Grande,  
CA 93420 evycole@earthlink.net 805-473-0230**

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The first four lessons represent four principles. These principles have been tested extensively, published in academic journals, illustrated in Nobel Prize winning literature, supported by many religious tenets, and generally known to be true even if they are not always practiced. Once you understand and practice these four principles, lessons V and VI can change your life.

Accept the fact that:

**I** Your BELIEFS create your life every day. Your subconscious mind leads you by the nose to see only those things that support your beliefs and blinds you to evidence that contradicts them.

**II** Many of your parents' negative self concepts (and those of other influential adults) were passed on to you in the form of criticism of you "FOR YOUR OWN GOOD." Because you were young, you believed them.

**III** Criticisms of you when you were a child are buried in your subconscious mind and have become HABITS OF THOUGHT, along with other unexamined assumptions about yourself and life that you picked up along the way.

**IV** Some of your beliefs about yourself are based on error, your own errors as well as those of others, especially the negative ones.

**V** How to gain control over Worry, Jealousy and other negative thoughts that attract and expand.

**VI** How Small, Unrecognized Fears betray us; how to discover and conquer them

Simply agreeing with these principles or posting affirmations on the mirror is not enough. You have to dig first. Prepare your personal journal for writing by hand, and start digging. Using a timer, write fast without lifting your pen from the paper for five minutes. As you get used to writing non-stop, increase the time to ten minutes.

Create your own journal any way you like, allowing plenty of space for doodling and writing with your non-dominant hand. You'll be surprised what comes out when you answer a question with that hand, although it's hard to read at first.

Practice, practice, practice. Repeat each of the six lessons of BRAINSWEEP three times, but not on the same day. If you have played a musical instrument, you practiced a lot before you grew to love playing. The same goes for any activity. Practice the lessons enough and you will grow to enjoy them.

**CONGRATULATIONS** for embarking on an exciting journey.

**Now Begin with Lesson One on the next page.**

## **BRAINSWEEP**

## **LESSON ONE**



**I Your BELIEFS create your life every day.**

**Your outer world mirrors your inner world.**

**If you think you "Deserve a break today" you'll take one. If not, you won't, but you may not be aware of what you think regarding this issue on any given day.**

**What floating thoughts do you have about yourself today? Are you Lazy? Overweight? Weak? Unfocused? Angry at everyone? Too \_\_\_\_\_? Not \_\_\_\_\_ enough? Ready to lick the world? Or get licked? Quickly write them down in your journal.**

**B. Write several beliefs you have about yourself made when you were a child, both positive and negative. Write fast for five minutes. Use a timer.**

**C. Next, list five beliefs about yourself that affected some decisions you made this week. (or four if you can't remember five. . . or three. I know you can come up with three.)**

**Here is what I wrote about myself.....**

~ ~ ~

**B. My beliefs about myself created my daily life for years:**

**My mother was 5'2", brown-eyed, graceful, beautiful, and right-handed. I, her fifth child, was blue-eyed, left-handed, awkward and, by age 14, really tall, 5'9". She could not teach this accidental fifth kid, this Tom-boy daughter how to sew, how to flirt, or how to be a lady worthy of marriage, which was the ONLY CAREER open to me as far as she was concerned.**

**Therefore, by the age of 14, I concluded that I was:**

- 1) clumsy and did everything too fast,**
- 2) too big to be attractive to boys,**
- 3) smart, but only in school,**
- 4) mute when I most needed to speak,**
- 5) creative but totally impractical,**
- 6) a good athlete, but...**
- 7) "hopeless" in terms of the one career available to me.**

**I carried these beliefs into adulthood, accepted them as immutable fact and made major decisions based on them, including two marriages and a few affairs that were doomed to failure. Because I was mute when I most needed to speak, my intimate relationships failed.**

**My successes mirrored my two positive beliefs: Smart but only in school relates to my success as a teacher. I felt comfortable in schools.**

C. For example, I've had the running notion that I'm clumsy doing anything with my hands. Recently I put off sewing a button on my favorite blouse. Then, when I wanted to wear it, I couldn't. When I recognized and swept away that belief about myself instead of the blouse, I found a needle and thread and replaced the button. It was a most minor victory over a minor issue, but symptomatic of old beliefs still prevalent in my life.

~ ~ ~

Harry told me he was raised in the Christian Science Religion. Although he believed everyone was created in the image of God, and therefore perfect, he knew he was not. Obviously, something had to give. In his case, it was the religion.

His parents divorced when he was five years old. He lived with his mother, but his father took him to the Pantry Restaurant in Los Angeles for breakfast every Saturday morning for fifteen years. They had the same waiter, the same food, and the same gentle teasing conversation. His father said Harry had a "hollow leg," his eyes were bigger than his stomach. He seemed pleased when Harry was old enough to eat all of his Saturday breakfast at the Pantry.

Can you guess what Harry's attitude toward food is?

Opposite of mute, Harry says he speaks too soon. His mother was more critical of him than his father. She often told Harry to "engage his mind before his mouth" and accused him of having "rectal cranial inversion".

He accept this as fact about himself and gets himself in trouble with others by acting on it.

**YOUR BELIEFS CREATE YOUR EXPERIENCE EVERY TIME!**

**YOU CAN CHANGE YOUR BELIEFS ABOUT YOURSELF! It takes some effort, but, man alive, is it ever worth it!**

**If you believe you inherited genes that make you prone to sinus infections, you will suffer from sinus infections regularly.**

**If you believe you have a healthy constitution, you will not suffer many infections and sicknesses.**

**If you believe you are a fat person, you will be fat no matter how many times you lose weight dieting.**

**If you believe you are of the right body build, you will never feel less than you are.**

**If you believe you are weak in any specific way, you will continually experience that weakness.**

**If you believe you are strong, you will be strong.**

**Let's write and dig!**



**Re-read what you have written in your journal every day and add to it by writing non-stop for five minutes. DO NOT JUDGE WHAT YOU WRITE! LIVE IT! LOVE IT Give yourself from 4 to 7 days on each lesson. You will know when you are ready for the rest of the lessons. You can order the whole course at:**

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**<http://www.write-for-wealth.com/order.html>**