

## *Part 4*

# *The Skill of Neural Inshifting*

*However, when we shift our awareness or “frequency” from self-consciousness—where fear, impossibility or feelings of separation reside—to cosmic consciousness, which is in total harmony with the universe and where none of those feelings exist, then anything is possible.*

— Rhonda Byrne —



*Inshifting Scenarios*

*You can become blind by seeing each day as a similar one. Each day is a different one, each day brings a miracle of its own. It's just a matter of paying attention to this miracle.*

— Paul Coelho —

*You're walking home when the weather turns cold and rainy, and after a half hour, drenched, tired and cold, you finally get home. Shivering, you start a hot bath and get out of your wet clothes.*

*The moment your foot enters the bathwater, twinges of exhilaration and relaxation flow through your body. As you immerse yourself, the blanket of heat envelops your body. You think to yourself how incredibly good this feels.*

*Lying there in the bath, it occurs to you, "I should take a bath every day." And then to more fully benefit from this special moment, you decide to try to relax even more into it, thinking, "I should turn on some relaxing music to really enjoy this." You just sit back and your mind starts going over the day, picturing the miserable half hour you spent trying to get home and how great the bath is. You don't ever want to leave. As your mind keeps running through the day's events, you start getting sleepy...*

*Then a neural inshift happens.*

*You cause the warm water to wake you up rather than lull you into drowsiness and fantasy. With your attention detached from any one thing, you can better feel the hot water massaging your skin, the dim light in the bathroom, the vision of yourself in the water, the tinkling sound of the water being moved about, the inner exhilara-*

*tion. One unified experience, you are now also bathing in a field of energy. That feels good beyond the warmth of the bath. This is a new kind of pleasure—a crisp aliveness in your head and a rushing release of energy. You realize this moment is complete. The next moment will extend from this one.*



*You are a high school basketball player. It's the final game of the year. The score is tied, with only seconds to go.*

*Suddenly you get knocked down, a shrill whistle pierces the air, and the ref assigns a penalty shot to you. It could determine the outcome of the game and the series.*

*Up for the penalty shot, you're standing there looking at the hoop, both teams lined up watching you, the crowds whooping and screaming. You're nervous. Your heart is racing. You fear embarrassment. Holding the ball above your head ... you realize you have a choice: let the insecurity bring you down, control how you shoot the ball, or let the energy of the crowd, the anticipation of your teammates, your own anxiety and excitement fill your awareness with energy. You choose the latter, an inshift.*

*Letting go, with your attention detached, the whole scene becomes a mass of sights, sounds, feelings, thoughts that fill you with positive energy, although inside you are silent and still and in even greater control of your body. More poignantly aware of how special this moment in your life is, win or lose. Your body aims and shoots ...*



*You are a man or woman back in the American Wild West, a gunslinger ready for a showdown. You're nervous, your stomach churns, your throat's tight. This could go two ways.*

*In Scenario 1, your anxiety increases as you step out onto the street. Everyday activity—kids playing, doors slamming, people milling about—becomes an annoyance as you mentally play out what*

*will happen in the next several minutes.*

*Imagining your opponent, who challenged you to this duel, makes you hate him for doing this to you. You're fretting about whether you should have spent more time practicing drawing your gun; fumbling with nervous hands, you grope to make sure your gun is there, trying not to let anyone see how scared you are.*

*Your opponent shows himself in the street. Fear, your internal dialogue, the people hushing themselves and watching you, all pull your attention in different directions.*



How do you think you would do in that scenario? Here's the other way this could go.



*In Scenario 2 you walk out into the street. You're nervous. Your mind tells you this could be it. You're not sure you're ready. Your heart pounds, waiting for your challenger to step out of any doorway at any time.*

*Then you channel the energy of your emotions, thinking and everything happening around you into an inner place of alertness, silent and still. Nervousness and doubt only energize you more, only serve to make you clearer, more anchored in being silent and still on the inside. Fears of dying, insecure thoughts, and images of the future are still running through your mind, but they don't stick. They don't interfere with the realization of what it is to be in this moment, the full experience of being alive right now.*

*That extra step, that extra knowing that you are aware of things, detaches you. It allows all the activity, noise, voices, fear, anger and dread buzzing around and within you to flow through you. It puts you in a state of even more inner silent and still energy that is and just knows. That's all you are. The whole scenario of the moment, inside and out, becomes just a full three-dimensional, real-life scenario.*

*The tumbleweeds tossing themselves across your horizon, the noon sun brightly shining above, the small gusts of wind that nudge you from side to side, a door slamming, onlookers murmuring comments, the internal narrator in your mind making comments about what is going on, what is going to happen next and what you should do—all of this is in the background, while the foreground is a sphere of stillness, silence, strength, energy and calm, where time seems to slow down as every moment is taken in.*

*Even your leg and arm movements are unique—nothing's done by rote. From this place of higher awareness, you are in more supervisory control of your body and thoughts. Your thoughts may be going in a hundred different directions, but when you need your mind to think a specific thought, it does, regardless of the rest.*

*You are like a flagpole that stands firm while the scene, or the flag, spins and blows in the wind and unfolds before you. Energized and calm inside, your mind and body flow evenly and spontaneously. You do what intuitively feels right each step of the way—each moment, the only moment of your life, without thoughts of past or future.*



In which scenario do you stand a better chance? If you were going through life the same way, how would you fare?

## *The Process of Neural Inshifting*

*If you try hard enough, you can bend the spoon;  
you can shift reality.*

— Christopher Meloni —

The term neural inshifting comes from the word “neural,” which means “nervous system,” specifically the brain, and the term “inshifting,” which is the experience of redirecting the stimulation of your senses, body and mind to help you pull in your focus of attention and locus of control to an inner place. There you find an inner “you” that is profoundly fulfilled and at peace.

Neural inshifting is a skill your brain already knows how to do. Naturally, millions of times throughout the day, your brain shifts in and out, from higher to lower consciousness: aware, less aware, unaware, more aware, self-aware. As we said in Part 2, it’s even a significant neural inshift to wake up in the morning and recognize dreaming from being awake. The key to an incredible life is to make that skill intentional and then hone it.

Although it was adapted from mindfulness meditation, to understand what it’s like to be inshifted you must get rid of your old images of meditation—of sitting in a quiet, dim room in a stuporous state of removal from the world. Inshifting involves intentionally learning to shift energy, attention and control within your brain anywhere and anytime. Being inshifted is a vibrant, attentive and portable state (meaning it doesn’t require the special conditions of meditation) that leads to the relaxation and peace people ordinarily associate with meditation. The more ef-

fective your inshifting ability, the more joy, maturity, stability, and self-mastery you'll experience.

If inshifting is so natural, you may ask, why don't we all just excel at it? Why doesn't everyone just "spiritually" Awaken as a part of normal life development? In other words, why doesn't our higher brain naturally get stronger as we grow older?

Your brain does develop as you get older. You can definitely tell the biological development of the higher brain as it functions in a child and matures from a toddler to an adolescent. Yet, once you reach early adulthood, the biological development of your brain becomes less relevant than your psychological development. At that point your higher brain is able to be intentionally Awakened. Gaining wisdom, information and understanding through life experience is how we change the relationship between our higher and lower brain areas.

Some people develop their mind—their lower brain—and indirectly acquire higher brain abilities by learning wisdom, empathy and perspective. Many people develop their minds but only wind up making them more powerful. If you don't acquire wisdom, empathy and other attributes, you actually weaken the functioning of your higher brain.

A small percentage of people throughout the ages, however, have learned to strengthen their higher brain to exceptional levels usually described in religious or spiritual terms, like Awakening. These people have accessed a highly inshifted state. It has been rare for people to achieve that higher level of reality, but it is possible. It just requires learning the skill of neural inshifting, a brain regulation skill that is different from other skills in that it requires internal feedback. Yet, in many ways it is not unlike learning to dance ballet, swim the backstroke or play piano sonatas. It can be tricky to learn at first and it takes practice, but practically anyone can do it. The rewards for learning this skill are greater than for any other skill you will ever learn.

Before we go through the figures below that depict different

phases of learning neural inshifting, I want to give them some perspective. Have you ever assembled furniture that came in a box? If you have, you may know that the instructions are sometimes so detailed that they make things even more confusing (some furniture companies have taken to using simple pictures, letting you figure out the details with common sense). Of course, often the instructions are invaluable, if you keep perspective and don't get mired in detail. This is the same situation here. These diagrams and the chapters that follow are meant to make a way of experiencing and a way of doing things easier to understand. Please don't miss the forest for the trees. The distinction between one step and another is arbitrary. And even though there are many things to keep track of when learning to inshift, when you finally learn to do it and begin getting better at it, you may look back and wonder why you sweated the details.

So here's the big picture: inshifting just involves discovering an inner point of reference inside your head that you are normally not aware of. Learning to experience and act from—and eventually immerse yourself in—that new inner reference point changes your experience of everything, including yourself! The inshifting steps simply help you find and maintain that inner reference and action point and they tell you what will happen as you immerse yourself in your inner eye, so you can help your transformation along. What does happen is that the world around and within you becomes more vivid, more surreal (or less absolutely real), integrated and whole, while inside you feel more alive, appreciatively amazed, powerful and spontaneously engaged with the flow of each unique moment.

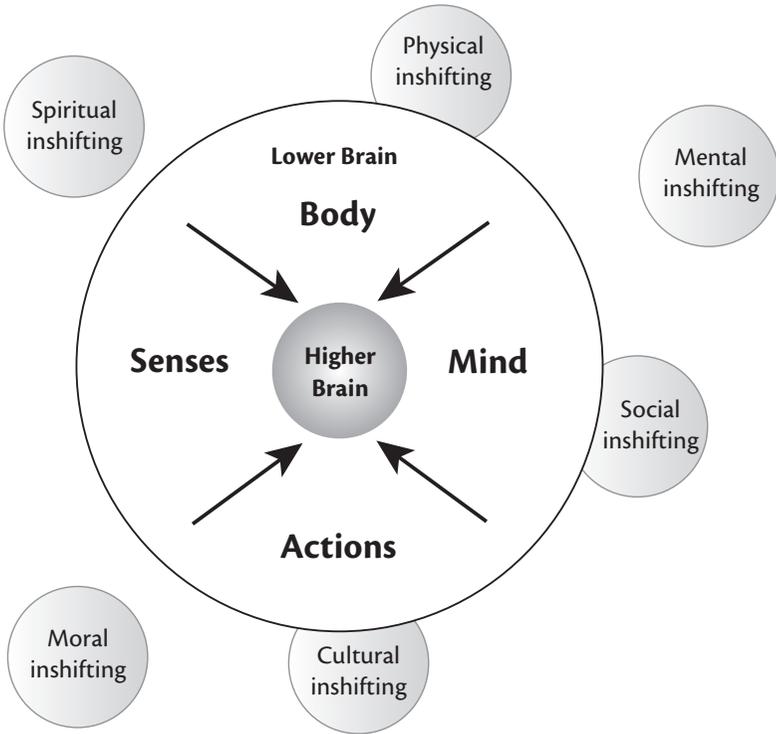
Here's an overview in diagram form. Figure 8 is a “before” diagram. It shows how most people exist in their ordinary inshifted state. The larger of the middle two concentric circles represents your lower brain. Your sensory triggers, body states, mind activity, and automatic actions (SBMA) make up your lower brain. (I also refer to them as “senses-body-mind” or, if physical move-

ments are involved, as “senses-body-mind-actions.”) Without being inshifed by using reflective awareness and conscious will, your SBMA becomes a lower way of being “you.” It dominates your brain and you. Your “inner eye,” or “third eye,” the point where you experience your higher brain (we’ll call it Point X, represented by the smaller inner circle in the diagram), is overshadowed by your SBMA, keeping it small and passive and in the background of your experience of life. That smaller inner circle represents how you would actually experience the “inner eye”: as a small space inside your head. It is your higher or true “you” that is reflectively aware. It knows (yes, it is an “it” because it is inside your normal sense of yourself) that it is aware, and is in a state of full conscious choice and deliberate self-direction. This diagram shows that these forces—the urges, drives and triggers of senses, body, mind and actions—mask and dominate our true selves and give us less conscious self-control.

Remember, “senses” means all five of your senses: touch, taste, smell, hearing and seeing. “Body” refers to all your drives and body states, such as hunger, fatigue, pain, restlessness and so on. The “mind” is your thoughts, analyses, ideas, beliefs, emotions, mental images, future plans and past memories. The sensations, pulls and pushes, and signals of the mind are complex and no less powerful than your body’s, as anyone who has felt the emotional surge of a panic attack can tell you. Your “mind” includes the most complex, puzzling and illusory aspect because it is responsible for creating a sense of “self,” the experience of an “I,” which some call an “ego.” “Actions” refer to automatic or rote actions, which are the vast majority. Actions like kicking your knee out in a reflex or driving a car on the freeway can all be done without higher brain guidance.

As you might have realized, there aren’t really four parts to the larger circle. Your senses, body, mind and actions are all aspects of the same thing. That’s why I call them the SBMA throughout this book. (I use the terms “SBMA,” “lower brain,” “lower you”

### Before Neural- and Wellness-based Inshifting



**Figure 8. The situation in our brain and life before intentionally inshifting**

and “outer you” synonymously.) These four aspects of SBMA overlap so much that they can be seen as one whole. For example, your *body* supplies the *senses* that your *mind* interprets. Your *mind* supplies the emotions that are felt in your *body*. Your *body* supplies the drives and urges that are accompanied by the images and goals of your *mind*. The true wholeness of your complete experience, of your SBMA, is a perception that comes with inshifting.

In this pre-inshifted diagram in Figure 8, the smaller circle is dominated by the larger one, which is the way practically everyone goes through life. It means your higher brain is not function-

ing to its fullest, not getting all the stimulation it needs, because your lower brain is in control. This means that awareness is passive and less reflective, an invisible witness in the back of your experience.

So that the significance of these areas is not forgotten, Figure 8 also shows smaller circles arranged in various random places around the larger two circles. Here in this pre-inshifted diagram these wellness aspects of inshifting are all shown as disjointed, uncoordinated and non-overlapping. They represent the six areas of wellness—physical, mental, social, cultural, moral and spiritual—that contain all the practices and philosophies of that area. These wellness aspects of inshifting are either a substitute for or exert a powerful influence over your intentional practice of neural inshifting. Controlled by the superficial mind-dominated, body state-controlled SBMA, you are either going to be unwell or your wellness efforts are not going to succeed.

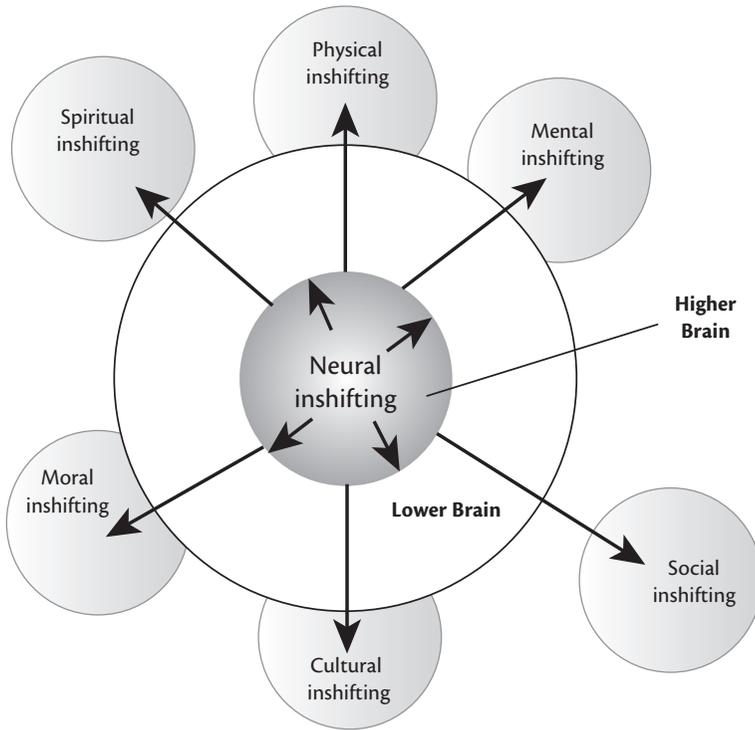
Figure 9 shows the brain during inshifting. During inshifting the middle circle begins to open up. That means you are learning to neural inshift and the inner circle of your higher brain is expanding. As you'll see, opening up your "inner eye" (still shown as the inner circle) means learning to pay attention to that area, to put your control in it and experience from it.

As you'll learn in the following chapters, shifting in your control means finding an inner center of gravity from which you act and think. It's like someone who fights off a band of attackers using his anxious thoughts to react to their blows, as opposed to a martial arts expert who, centered within his head (his inner eye), has a calm but powerful deliberateness, seeming to spontaneously anticipate attacks from every angle.

Experiencing from an inner reference point must be experienced to be understood. It's a place inside where you think and imagine, that is more intimately you than your SBMA.

The band of the outer circle gets smaller as your senses, mind, body and actions exert less control. Also, as you learn to neural

### Learning Neural- and Wellness-based Inshifting

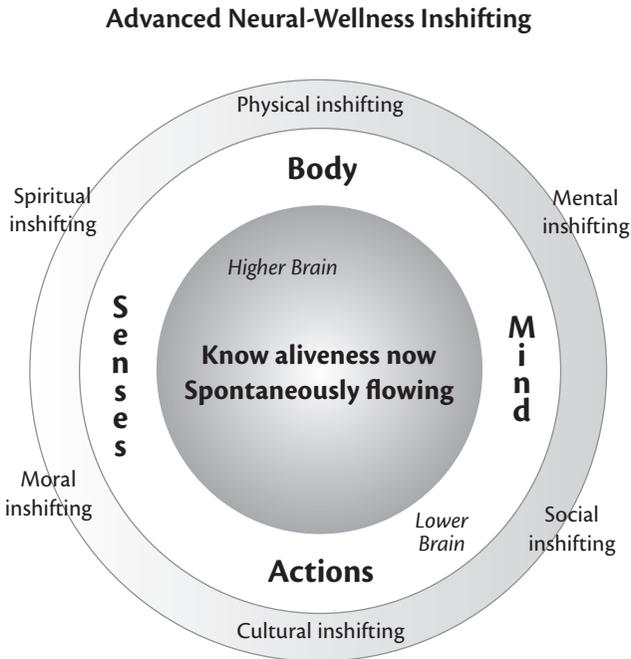


**Figure 9. The brain during inshifting**

inshift and use wellness-based inshifting, those wellness circles expand and get more organized. They help pull the inner circle open. If practiced with the specific goal of inshifting, the wellness areas also help you dilate that inner circle and shift in. The neural and the wellness aspects of inshifting work together: they're synergistic.

Figure 10 shows your brain after inshifting. It shows how you could exist in a significantly inshifted state, Awakened to whatever extent. The inner circle is more fully dilated, so that the "inner" or "true you" is discovered along with an Awakened reality, and the wellness circles are expanded and part of who you are.

When the power of your lower brain (the SBMA) decreases significantly and you've stimulated your higher brain enough, there is a qualitatively different type of awareness. It's an inner way of knowing, an inner self-control; an inner way of being emerges. The steps of inshifting point out how exactly that happens.



**Figure 10. The brain after inshifting**

As Figure 10 shows, when you develop yourself internally, the various areas of your life improve and help you inshift even more. The wellnesses increasingly overlap and come together as one. It stands to reason: your brain is the seat of everything you think, feel, and do, of all your interactions with people, and of your spiritual connections and life insights. It controls your immunity to disease and even how fast you age. When you learn how to maximize your brain's functioning, wellness becomes integrated

into who you are, and who you are becomes your wellness. You have a healthier outlook; your body is better able to heal; you become self-confident and self-mastered, able to love deeply and widely and be loved; your life becomes ordered with passion and priorities, morally integrated and intimately connected to the universe of people, places and things; and you develop great insight into the highest nature of your reality and of yourself. You don't have to try as much to be well: you are well. The energy of your body and mind naturally cause wellness.

So, as you read on, explore, play with, and learn the exercises and skills, but don't judge your progress. It can be difficult to figure out. Sometimes in the midst of the greatest frustration comes the greatest learning. The total life wellness approach outlined in Part 5 will fill in the gaps you may have in understanding and skill.