

## What Makes Us Different?

Neuropraction was initially born out of my frustration with certain aspects of the motivation industry. We are told of the immeasurable potential power of the average human brain, yet somehow even the most enthusiastic followers of the "Success Gurus" seemed to end up returning to their roots in one-way or another. After ten years of faithfully attempting to apply as many of the "rules" as I could lay my hands on and after an initial brief frenzy of "success" having become the top distributor in Africa for the largest self-help company in the world, I realized that I too had returned to old habits in some of the most basic and truly self-destructive ways I could have planned. In fact, it seemed that all those years of effort had added only a thin veneer of change; I was despondent, gave up on myself and was still a blind follower rather than an explorer, or leader. Driven by necessity and a passion for answers, over a period of about seventeen years, I began independently searching for a more satisfying solution.

Historical studies of the self-motivation arena inevitably lead to people like William James 1842 -- 1910 who was a pioneering American psychologist and philosopher "*The greatest revolution in our generation is the discovery that human beings, by changing the inner attitudes of their minds can change the outer aspects of their lives*". Benjamin Disraeli 1804 -- 1881, Prime minister of Britain "*Man is not the creature of circumstance, circumstances are the creatures of men*". "*The secret of success is consistency of purpose*". "*Action does not guarantee success, but there is no success without action*". And James Allen 1864 -- 1912 the author of "As a Man Thinketh". "*You will be what you will to be, let failure find its false content in that poor word environment, but spirits scorns it and is free, it masters time, it conquers space, it crows that boastful trickster chance and bids the tyrant circumstance uncrown and fill a servants place. The human will, that force unseen, born of deathless sole, with hew its way to any goal though walls of granite intervene. Be not impatient in delay, but wait as one who understands, when spirit rises and commands, the gods are ready to obey*".

Between them they seem to have delivered much of what is offered by the modern day motivation industry. The conclusion: very little new has been said over the last hundred years.

Going a lot further back in time, Stoicism was a school of Hellenistic philosophy, founded by Greek philosopher Zeno of Citium (333 BC - 264 BC) in Athens, and which became popular throughout Greece and the Roman Empire. Studies of the Stoics reveal an, in many ways, even more powerful philosophy than that proposed by many of today's motivational courses and literature. To this day, the word stoic implies inner strength relating to hardship.

Years of research and investigation has lead to my conclusion that mankind lives far more by the rules of culture than he does by the principles of logic. Similarly, the motivation industry is based mainly on history, culture, philosophy, external observation and conjecture and has been delivering "The same box, with a different bow".... century after century. The whole world seems doomed to repeating the same destructive behaviour, mainly in the areas of culture, philosophy and personal development where the reason for doing things is: "that's the way they have always been done". Even the most illustrious of our leaders slip up with predictable regularity, poverty and ignorance are far more predominant than wisdom, or wealth and true peace of mind an even scarcer commodity. All of this emphasizing the subjectivity of philosophy and the emotional nature of the brain. I could literally write books on the self-destructive behaviour all of us practice on a daily basis. Fortunately this is not necessary as the world's libraries and newspapers are already filled with this type of information.

There is one area that, only recently, has changed considerably regarding mankind's self-knowledge, our ability to research and understand the mysterious workings of the human brain. This research has been possible due to developments in technology, which in the last fifty years has been unmatched in all of time. Neuropraction is the result of more than ten years of studying and applying traditional motivational techniques, followed by 10 years of research into information provided directly by the hands on neuroscientists from various fields within this huge arena of accumulated knowledge. The results of this research have been to narrow the gap between what we (have been told to) think happens and what actually takes place in the brain. This research is only in its infancy, but already many of the stumbling blocks I was frustrated with are being removed. Although much of this new information confirms many of the "conventional" views held by the traditional motivation industry, there are several new aspects, which are allowing the many disciplines in personal development systems to fit into one holistic, simpler and far more logical and most importantly, permanent process.

Some recent studies reveal that people seldom change massively as a result of self-improvement or motivational programs. Another study shows that the great majority of people seldom change their consciousness by one or two points above their born station in life\*. Yet more studies reveal that under certain circumstances people can change, sometimes considerably. For example when some sort of huge and unavoidable event occurs, that forces a person to reassess their lives completely, just to survive. After things return to "normal ", success becomes almost easy by comparison. Instances of this sort of event are fairly common. I.E. Lance Armstrong, seven times winner of the Tour de France and his victory over cancer, preparing him for greatness in the cycling arena. Study the lives of most of the "Success Gurus" and it would seem that this phenomena is a requirement for the qualification. It most certainly was responsible for my research. Merely understanding neurologically why

this is the case makes it easier to independently develop tools to consciously achieve greater change than previously thought possible, and at the same time remove many of the traditional barriers to transformation.

As a result of independent research, I finally became far more capable of thinking independently, and therein lay the hidden secret to success. As this process developed, I saw myself in a completely new light. I could no longer be compared to any other person and success could only be measured in terms of my own internal development. Material possessions, although still important to me in certain practical areas, were no longer a measure of success. This process was not sudden, but came to me via my subconscious thought process as a series of realizations over a period of a few years. Not easy years, but fruitful years. (The easy years are seldom fruitful in terms of internal development.) This fact becomes extremely clear as one becomes more familiar with the nature of the brain and its evolutionary and bio-mechanical-chemical-electrical processes.

Another area of my frustration with many of the modern motivation programs is that they tend to specialize in one particular area of the field. For example one program may concentrate almost entirely on goal setting, whereas another on visualization or affirmation, and yet others insist that meditation be the only way to go. So often specialization literally narrows one's life down to awareness of that to which one allows oneself to be exposed to. World history is littered with tragic stories of people who believed that theirs was the only answer. Modern studies of the brain reveal, however that they are so many different aspects to the neuronal processes of thought, emotions and memory, amongst many others, that concentrating on any one aspect would be like going fishing with a worm, but no hook or line.

Yet more areas of frustration; many self-improvement programs are very repetitive and highly prescriptive telling us what to think rather than teaching us how to think. We live in a culture where people would rather be told what to think than how to think. We appoint politicians to run our lives, and then watch them rip us off. We go to doctors and put our health in their hands without going to the trouble of fully investigating either the doctors or the treatment's success rates. There are thousands of similar examples, where people look for short cuts and quick fixes to attain the end results they desire. Average people avoid taking appropriate responsibility for the results they dream of attaining. This is precisely how we become average.

Another of my dilemmas has been to resist the temptation of over simplification in order to please people who are unwilling, or don't have the time to think new or complicated thoughts through to their logical conclusions. Studies of the brain reveal that internalising new information can take as much effort as hard physical labour requires. The brain utilizes large amounts of bodily nutrients (up to 25%) when applied to learning or problem solving and is often just as exhausting. Much insight is lost when motivational literature is purposely made easy for the man in the street, using big writing in simple language.

Two leading success gurus recently argued over which was more important, motivation, or education. The conclusion was that without education, one would produce motivated idiots. This still continues to apply to me personally, seemingly and hopefully in reducing quantities. The measure, most definitely relating to the

amount of knowledge I am able to successfully supply to the vast unconscious and meagre conscious resources of my neuronal inheritance.

Neuropraction goes to great lengths to reawaken the desire in the individual to learn, as well as vastly improving memory and learning skills. An understanding of the vital importance of the neuronal self-developmental process as an integral part of attaining success is a key insight. At the end of life's journey, the joys of success and the pleasure and pride that goes with personal growth, will only have been attained through rigorous mental effort, applied technique and self-discipline.

It is essential to remember that without developing a realistic and detailed, desired end result, based on a personally chosen, integrated and internalized set of values, the attainment of true and balanced personal success could never exist.

Many motivation programs make great claims, and in fact often achieve some fine results, for a while, but we underestimate the huge powers that are at work, both within and external to the human brain, causing people to return to the previous patterns of behaviour, and subsequently results.

There is one area where even the most advanced scientists fear to tread. This is in the realms of imagination, where scientists have been unable to even come close to explaining its mechanics, or outer limits. This particular subject, being so far out of reach of our scientific knowledge, remains in the spiritual realm. Studies of the brain reveal that, when faced with a question it will always seek an explanation, where none is available the imagination is invoked\*\*. Since there is little scientific knowledge, regarding imagination itself, mankind has developed many different theories regarding its source and capabilities. Many of these theories involve forms of higher intelligence external to the brain. Most motivational programs tap heavily into this most powerful of all the brain's facilities and often subscribe to particular mystic views, from religious to those involving quantum leaps into the field of physics, where only the most dedicated and leading edge scientists dare tread. Somehow, the "Motivation Experts" seems able to explain these ideas quite comfortably. Hopefully, I have not just labelled myself and take sufficient care to stick as closely as possible to scientifically established likelihoods. For these reasons, I hope you will read on with appropriate suspicion, and consider what I have written with an independent mind. At the same time, I have learned to accept that any idea that interferes with our existing belief system is usually automatically rejected to avoid the internal conflict it must inevitably create.

There is no doubt that we have a subconscious mind that operates automatically without our being aware of its processes, and that our lives are largely controlled by its apparently automatic processes. Thanks once again to recent research; Neuropraction is able to offer a set of reliable tools for accessing this function of the brain and making some permanent changes in its seemingly physical structures. I personally am only dabbling on the outskirts of this awesomely powerful resource. Used and developed, mankind's proudest achievement has and will always be our own improved levels of self-management and control. None of this ever becomes automatic until it is installed in the unconscious. Only once this is in place are we truly ready for our next step in the creative growth process.

Neuropraction was developed directly as a product of objective research gained from studying the books and papers written by original research scientists. They have no vested interest in the motivational aspects of their discoveries. It is designed to equip the individual with tools that can lead to lifelong and ongoing growth and change. It concentrates on processes that produce insights into one's life. Insight that is essential for in-depth change in a healthy integrated manner. The answers come from within the individual. Common sense, it would seem, is not common practice! By the end of the program one often feels that one has learned very little that is new, but one's behaviour and subsequently outcomes, however, have changed considerably. And responsibility for one's outcomes should be more and more independent of others. I like to call these processes: "Making the Obscure Obvious".

The tools delivered by Neuropraction, not only lead to new insights regarding ourselves, but also allow the individual to develop sufficient vision and imagination to be able to decide on their purpose in life. This purpose is not something that is handed to us by fate or religion, but is a choice, which each individual has to make for him or herself, a choice, that very few people make in a lifetime. Abraham Maslow estimated that only a tiny percentage of the population achieves "self-actualization". Neuropraction allows your actions to become more and more purpose driven, and less and less dictated by society, through a natural progression of integration at a largely unconscious level.

Because of the highly complicated nature of brain programming, [another word for socialization and entrainment] any attempt to change has to be equally individualistic and thorough in nature and can only be satisfactorily carried out by and with the cooperation of the individual concerned. In other words, only you will be able to change the world you live in. The values you live by should be examined and adopted by yourself, after all, few people's parents could claim to be qualified to give an accurate definition of success, yet observe how large sections of society stick to the values they inherited from their parents- no matter what.

All too often, once a major objective is achieved or reached, we sit back, and rest, or fall back into a comfort zone. It takes at least as much effort to get out of the resulting inertia as it took to get you going in search of the previous endeavour. Neuropraction provides an ongoing step-by-step process, which, being purpose, as opposed to goal driven, provides, lasting and developing motivation, values and direction for the rest of your life. Comfort zones are no longer of any comfort at all; in fact they become the warning signs of impending stagnation. Goals, as with hard work, are not the secret, but a requirement for success.

There are a few powerful factors that can bring about permanent and lasting change. In addition to unavoidable, survival-threatening situations, another almost as powerful is insight and understanding, where belief is replaced by knowledge and experience. The observation that the majority of people live their lives based largely on their belief systems means that we have the opportunity of achieving massive change through reassessment alone. This is another one of the reasons that Neuropraction offers the opportunity for great and permanent change; we concentrate on and deliver tools for developing lasting insight resulting in independent thought. The word belief by its very nature requires faith in order to exist.

Neuropraction is a hands-on, workshop-based program. Thought alone is insufficient for change, neuroscientists, more and more often, cite the vital importance of physical action and applying the whole body to learning. You could not, for instance, learn to play the piano without applying your fingers to the keyboard.

Neuropraction is designed to provide you with a complete and comprehensive yet simple and easy to remember toolbox that will satisfy all of your motivational needs without ever reaching its limits. (Think of a master sculptor, using a simple hammer and chisel). Neuropraction is non-prescriptive, concentrates on teaching you how rather than what to think and above all the vital importance of thinking independently. The ultimate definition of freedom has to be independent thought.

I have borrowed many ideas from other systems and people and there are several significant and unique aspects to Neuropraction, it is the result of combining many disciplines as simply as possible to give you a complete success system. True success, as I have stressed can only come from within you and Neuropraction is designed to put you firmly on the road to self-discovery.

You may have noticed that I have raised some questions in areas where people like myself normally avoid for fear of alienating people. Neuropraction, above all, has been developed to get people thinking independently. By the end of the process, Neuropraction will make you independent of Neuropraction. Dependency is the opposite of independence, in the mental as well as the physical realm.

Once you have mastered the tools provided, they become obvious and a part of you. You have taken complete responsibility for your life and your results. I am hoping you will leave Neuropraction behind and make your own unique difference to a world so badly in need of independent thought and action.

As a result of my use of the Neuropraction toolbox, I can now state my chosen purpose. I want to change the world by teaching every single individual to think independently.

If you've taken the time to read this rather long explanation of why Neuropraction will be a different experience to anything else you may have tried, you could well be at a stage in your life where you are willing to pay the price for genuine long-term change and subsequent success. This must be based on your own unique interpretation of the word success.

"When the student is ready, the teacher will appear".

Neuropraction has been developed for the individual whether working within an organization, or independently and develops leadership through personal insight and self-discipline.

Neuropraction is based on modern brain research, and brain research is still in its infancy. My intention is that Neuropraction should always be based on current reality and should keep up with the incredible growth of knowledge mankind is attaining. My hope is that you see a need for keeping up to speed and at the same time not getting lost or becoming purposeless as the pace of life becomes ever more complex. Why not create your own opportunity? If we can in any way join forces, why not call us?

Wishing you worthwhile challenges

Denys Bolt

Neuropraction facilitator & Independent Brain Explorer

\* Nicely described in the book "Power versus force" by David R. Hawkins

\*\* See split brain experiments by Michael Gazzaniga, a well-known cognitive neuroscientist