

White Paper

Recipe To Change Our Mind Pathology

Version 1.20

# Internalizing Anxiety



Average Read Time ~ **20 minutes**

Serves ~ **4 people**

**0 calories**

ARRT Mentor ~ \_\_\_\_\_

ARRT Buddie #1 ~ \_\_\_\_\_

ARRT Buddie #2 ~ \_\_\_\_\_

<https://www.thewizardslife.com/wizards-anxiety>

## Ingredients

- Think Differently About Anxiety
- Serotonin ~ Sleep better / improve mood
- Dopamine ~ LEVERAGE good emotions
- Glutamate ~ Improve learning & memory
- Noradrenaline ~ Improve good stress

## Preparation

1. **Think Differently** ~ Our brains contain the most powerful chemicals / drugs on the planet, yet we do not LEVERAGE those drugs / chemicals to our advantage.
2. **Serotonin** ~ Did you know that some people know how to control how they activate this chemical when they sleep, which gives them better sleep, improves what and how they eat, increase arousal and improve mode?
3. **Dopamine** ~ Controlling this chemical in our brain improves our behavior, emotion, cognition, pleasure and reward.
4. **Glutamate** ~ Develops our brains, cognition, learning and memory.
5. **Noradrenaline** ~ Think differently about stress, learn when to fight and when to fly and natural cure certain illnesses.

## Tips

While we are dealing with the brain, we're not talking brain surgery or rocket science. We don't need an expert, a doctor or really anyone besides our ARRT Mentor and 2 ARRT Buddies to apply what we will learn in this white paper.

## What do you get anxious about?

## Do you want to cure being anxious? No really . . . do you want to be cured?

Do we realize that you have the cure to being anxious right inside our own brain, with the most powerful chemicals / drug on the planet?

We ask if you want to be cured from being anxious, because honestly, many people do not want to be cured. Being anxious actually gives our brain a kick of the natural chemicals which give us a “natural high.” We feel alive, we feel awakened, we feel like we care about something and the feeling of anxiety feels great to our brain.

## Mind Pathology

Mind Pathology is really a simple concept in that it’s “How we think.” From the time we were conceived to where we are today, we have created a mind path, a way of thinking.

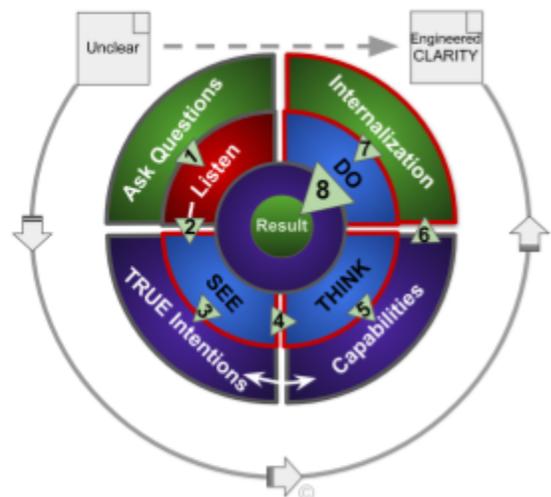
Much of our mind pathology comes from the frequency of our personality while other parts of how we think come from our parents, friends, teachers and other people of influence in our lives.

## Changing Our Pathology

Changing how we think, how the chemicals respond in our brain may be one of the hardest things for a human being to do.

In this white paper we will use The Discovery Learning model along with **Engineered CLARITY** model to assist you to change your mind pathology about anxiety, stress, depression, despondency, a loss of hope and/or any other mind pathology.

## Engineered CLARITY



In our decades of research in this, The **Engineered CLARITY** model is not only the easiest to understand but also the most comprehensive.

10 pretty simple words and 8 steps make this a model that will help most people who desire to be helped to be not only be helped but to be HEALED.

The medical community along with pharmaceutical companies seek to develop medicine / drugs, psychology, religions and others seek to also help us to change our mind pathologies, how we think.

Sadly, even when this does seem to help us in the short term, it does not heal us which means we need to continue to see ongoing additional help from whoever is offering us help. Cynical individuals would say that anyone gaining money as a result of a mind pathology, may not seek to heal us quickly but the longer they can help us the more money and/or dependence we have on them.

Unfortunately, the responses to these types of discussion are not a sincere desire to have an open discussion. If we were all to have a mind pathology that very few things in life are 100% true or 100% false but a wide variation between 1% and 99%. Individuals who like to make things black or white, not always true, not always false tend to either be manipulators, lazy or have a mind pathology that may be a bit lazy.

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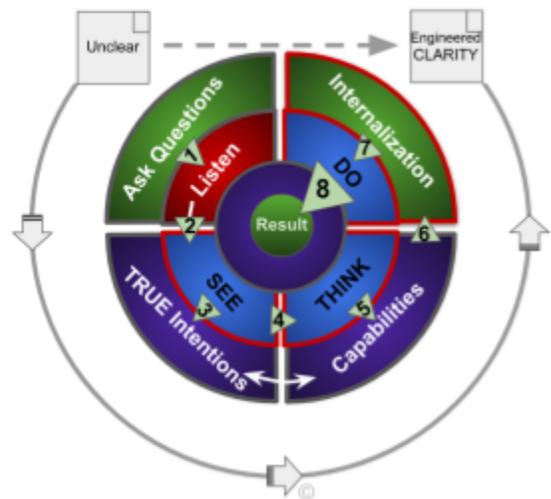


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## Directions

Stephen Covey shares, in 7 Habits Of Highly Effective People, “Start with the end in mind” which is where we will start. The center of the model is the “Results” we will obtain.

## Engineered CLARITY



### Step 8: What “Results” Do I Want?

Think into the future and what do you see your life being like without anxiety or whatever you are facing. SEE what happens in your life? HEAR what you / others are saying. FEEL what your feelings are and the feelings of others are. Talk with our ARRT Mentor (see Q&A) if needed and write down all the thoughts you have in our hardbound journal.

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## Step 1: Ask The Right Questions?

Our minds, our brains are the most interesting and maybe most complex creation maybe in the entire universe. What's interesting is that we often know the answers, we just don't know the questions we should be asking. This is where are ARRT Mentor and 2 ARRT Buddies and maybe an entire ARRT Tree / community can help us. What questions should we be asking that we're not? Show others the results we desire and then get their feedback on what types of questions maybe would be good questions for us to ask.

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## Step 2: Listen

We often think we're listening when in fact we really aren't. Our mind pathology will often hear certain frequencies, but won't hear other frequencies. Often people who think very differently than we do will not share what they are hearing?

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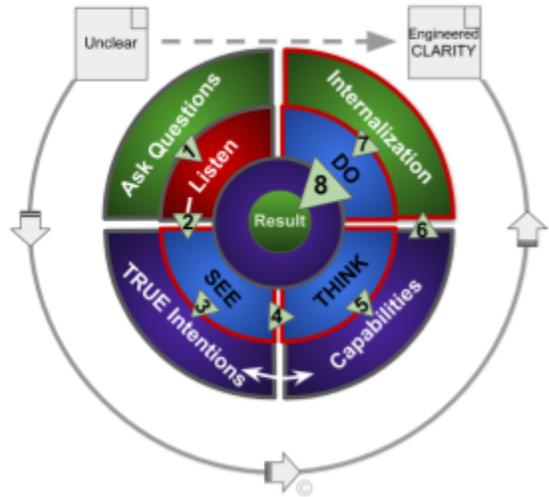
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# Engineered CLARITY



## Step 3: SEE

With the mind pathology, the ways of thinking that we have come to accept within ourselves, we often do not SEE what we do not want to SEE or maybe we CAN NOT SEE what is needed to see. Albert Einstein shared *"You can never solve a problem on the level on which it was created."* We create our own problems, based on how we think and to solve our own problems, at a core level, we need to learn to think differently. To do that we need to learn to SEE differently. What are new ways of SEEING things?

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## Step 4: TRUE Intentions

We as human beings are often kind of delusional about how we think and unaware as to how many forces around us are seeking to get us to either think like they think or to think in a way where we think we are being served well, but in reality someone is manipulating us in a way that serves others, but not ourselves. Dig deep on this one and work with your ARRT Mentor and your 2 ARRT Buddies to figure out your own TRUE Intentions.

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## Step 5: THINK

Our mind pathology can be very tricky with us making us think we're thinking differently, when in fact we are not. We at times think others care for us when they do not, and don't think people care for us when they do. We think we take personal ownership, when in fact, we might not so much.

We think that our way of thinking is the right / best way of thinking, when it in fact it's what got us to where we are now. We think that if others would change how they think our anxiety would be different, rather than taking personal ownership. Talk with your ARRT Mentor and 2 ARRT Buddies about how we can Think in ways we have not in the past. Here is an interesting exercise. Write

down all the amazing things you gain from anxiety and/or the positive of having anxiety. HINT: One positive is that it shows we care. If we didn't care about something or someone we wouldn't have any anxiety. :-)

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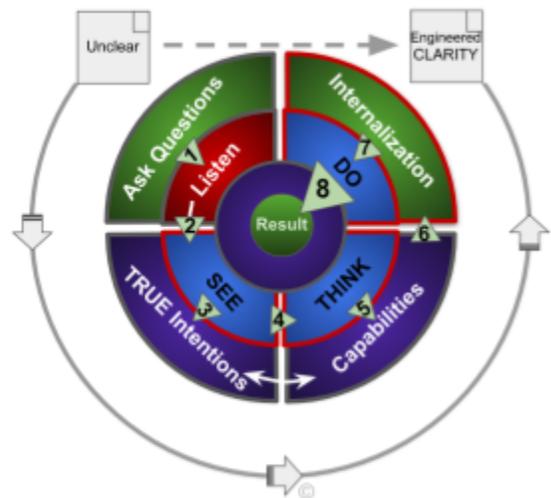
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## Engineered CLARITY



Write down any other thoughts you have on the first 5 Steps.

## Step 6: Capabilities

With anxiety and/or any other mind pathology we often think we are alone when in fact we are not. When we seek help, we often think those we trust / hope will help us, often seem to hurt us instead. Are ARRT Mentor and 2 ARRT Buddies, our entire ARRT community and really everyone in our lives could give us additional capabilities. Who are some of the people in my life who I may not be fully using their capabilities as I could be?

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## Step 7: Internalization

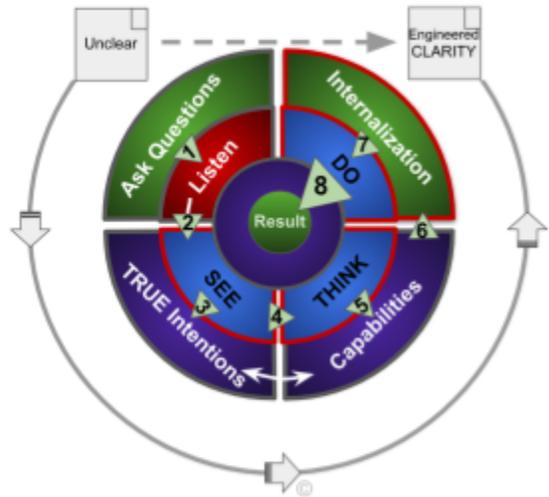
Have you ever had someone say “I get it.” or “I understand what what you are saying or going through.” when you’re pretty sure that they do not? Have you ever said this yourself to a teacher, friend and loved one where you thought you understood what they were saying, when in fact, later you discovered that you only understood a very small part of what they were saying? List some examples of when this has happened to you.

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## Engineered CLARITY



List out ways which you believe you will be able to better internalize things and do so faster.

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The Q&A will take it from here. :-) If you have completed all the questions, you are on your path to healing. Remember that we didn't get where we are at overnight in our mind pathology, we are probably not going to change our mind pathology overnight as well. It will take time and a lot of hard work . . . but as long as we keep our eyes on the “prize” on Step 8, our desired outcome / result, we will not give up, we will continue to press forward.

Engineered CLARITY  
+ Discovery Learning  
= Your Healing

We encourage you to print this white paper out and then work on this along with the person who passed this along to you.

If you have any questions please feel free to connect with the person who invited you introduce you to this white paper or you may call or text:

630.440.7719

Toll Free: 888.230.2300

# Let's Do Something Fun Together

Hmmmm ...

1 to 10, with 10 being the highest level anxiety

\_\_\_ 1. On a monthly basis how HIGH can your anxiety level go?

\_\_\_ 2. On a monthly basis how LOW can your anxiety level go?

\_\_\_ 3. How would you rate your AVERAGE level of anxiety?

4. When it's HIGH, can you think of any patterns as to why it may be high?

5. When it's LOW, can you think of any patterns as to why it may be low?

6. Would you say, you have a high roller coaster of anxiety or low and any thoughts as to why?

# Q&A

## Question 01 ~ What about Step 8: DO

Answer ~ Great question. If we have done the other 7 Steps then Step 8: DO will take care of itself. If we do not Take Action / DO something then we know we haven't internalized things well.

### Step 8: DO

When we properly internalize things we will automatically DO, take action on whatever it is we are setting out to do. What's great about taking action vs. thinking or talking is that even if what we are doing, doesn't work, which is often the case, we are still learning.

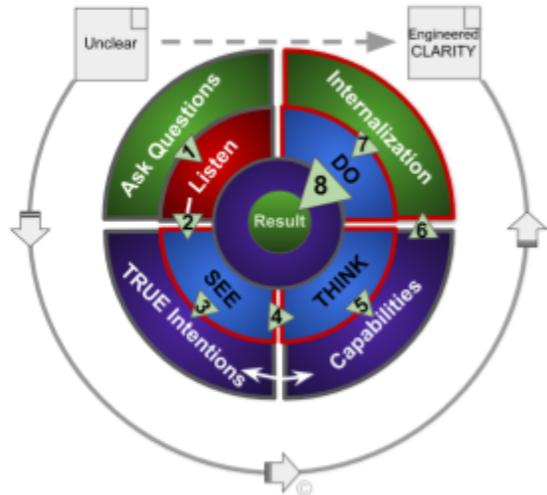
Much of anxiety, comes from a feeling of "having no control" or no ability to influence the outcome. When we take action, that action often doesn't work as we want it to work, but what's strange, is that's alright as our mind pathology starts to be altered.

It's like us going through the forest and we tend to take the same path over and over again and again. Often we take the wrong path again and again and end up "falling off the cliff" so to speak again and again. What creates anxiety is that we know that we're going to fall off the cliff but we don't know any other way to think so we continue on the same mind path(ology) which creates anxiety.

What's very strange about our minds is that when we choose another path and it might lead to falling off a larger cliff, but, even when that happens, the mind can get excited because it's a new path. While it may not work and may even work worse, we gain the freedom to realize that we are free to continue to choose different paths until we find the right one.

[www.Life-GPS.com](http://www.Life-GPS.com) and [www.DNAforPEOPLE.com](http://www.DNAforPEOPLE.com) help us to understand how the different personality types / frequencies tend to think and why each one will fall off the cliff. This helps us to think different because maybe we're on the right path, and in SEEING something differently , THINKING differently, gaining new CAPABILITIES and/or better INTERNALIZATION of things we will learn not fall off the cliff this time OR we could take a different path.

## Engineered CLARITY



## Question 02 ~ How does Discovery Learning play into this?

Answer ~ Discovery Learning is a process through Life Masteries Institute which is a non profit organization which helps is to, in a way, go back in time to when we are a toddler and learning so much and doing it so quickly.

Through **Engineered CLARITY** we are able to quickly identify where the challenges are with anxiety and other mind pathology challenges and through Discovery Learning, we are able to map out a plan, a path to quickly start the healing process.

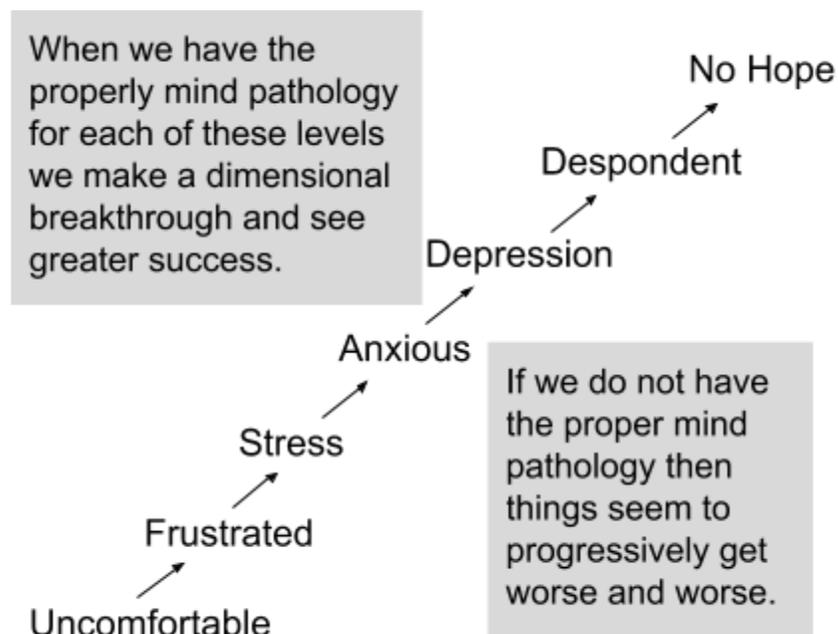
## Question 03 ~ How does anxiety connect into depression and other mind pathology challenges?

Answer ~ It seems like there is a degree or spectrum that we travel and if we do not respond properly to one level, then it seems we often progress to the next level. With anything there is good and bad. Good anxiety, causes us to gain greater focus, attention and drive things through which will help us in one way or another. Good anxiety, takes energy away from us, but will give us more energy than what it takes.

Bad anxiety, on the other hand is anxiety that we have that is not healthy for us and robs us from peace, joy and love. Talk to your ARRT Mentor and 2 ARRT Buddies about The *NEXT* Dimensional principle and how something we are anxious about today, may not be good anxiety, but being anxious about the same things tomorrow could be a good thing.

**Good Anxiety** ~ Being aware and/or concerned about something we should be concerned for and we have the ability to do something about it.

**Bad Anxiety** ~ Being overly concerned, things that we really have no control over and it drains our focus, energy and passion about things that we should be focused on.



## Question 04 ~ What is ARRT and how will it help me with anxiety?

Answer ~ ARRT = Atomic Ripple Reaction Principle ~ It is a system by which we are able to get help, input, support and assistance from an ARRT Mentor and then help 2 ARRT Buddies.

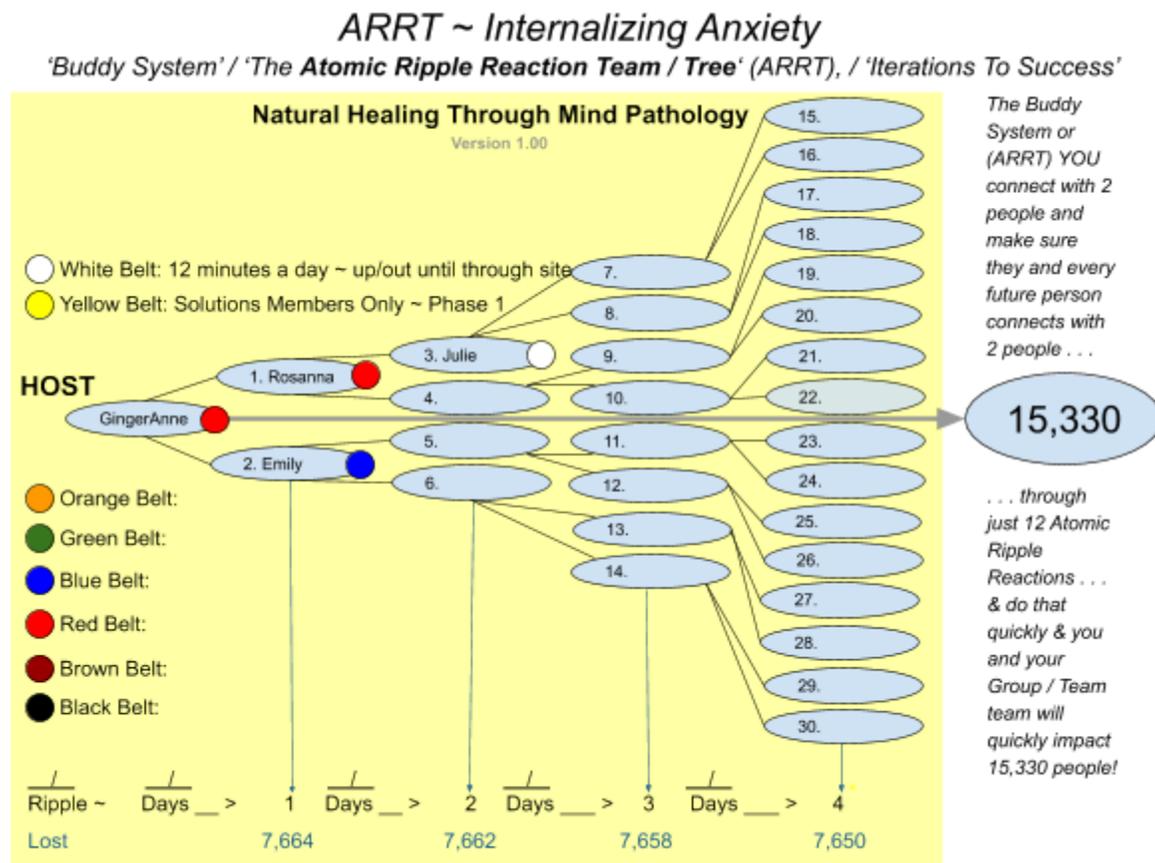
The simple answer is that we all need someone to mentor us through this process and that's called an ARRT Mentor. We then select or are given 2 ARRT Buddies where we can help them as we have been helped. What's interesting is that we initially think that our ARRT Mentor will help us obviously far more than our 2 ARRT Buddies would, but this is not the case in most situations.

It seems for most people that healing from Anxiety comes more from focused on helping others than when we focus on it ourselves. Think about it, it kind of makes sense as the same thing is true about depression. In depression, we often become self centered as we feel we're drowning and we panic, become more focused on ourselves and we tend to continue to spiral down.

When we're focused on helping others to heal, it seems that we give our 2 ARRT Buddies the most amazing advice, oten advice, that we should take ourselves. :-) In helping others to heal we often find ourselves being healed.

Here is a website which goes into more details on all the different aspects of ARRT.

> <https://www.thewizardslife.com/wizard-arrt>



Would you like to become a black belt Wizard/ess in anxiety?  
The following Color Belt System is for our Internalizing Anxiety mastermind group. To get additional information for being a part of this mastermind group go to:

~ <https://www.thewizardslife.com/wizards-anxiety>



**White Belt ~ Show Up & Play**

- ❑ 1. Print out white paper and put in 3-ring binder.



**Yellow Belt ~ Be Consistent & Disciplined**

- ❑ 1. Read white paper and complete exercise.



**Orange Belt ~ Become an ARRT Mentor**

- ❑ 1. Internalize the white paper and realize the good of anxiety and help your 2 ARRT Buddies do the same.



**Green Belt ~ Recruiting master**

- ❑ 1. Seek to help two others who have anxiety on a consistent basis.



**Blue Belt ~ Master DNA *for* PEOPLE**

- ❑ 1. Take course in Personality Masteries and deeply understand self and how different personalities have anxiety.



**Red Belt ~ Master DNA *for* BUSINESS**

- ❑ 1. Learn how to turn my anxiety into financial gain for myself and others around me.



**Brown Belt ~ Master DNA *for* LIFE**

- ❑ 1. Embrace anxiety as a wonderful gift and something I never want to lose and start my own / HOST “Internalizing Anxiety” mastermind group.



**Black Belt ~ Start, fill and run more than 3 groups at same time**

- ❑ 1. Help those in ARRT mastermind group start their own groups.

## Question 05 ~ Is there true healing? How is this connected to Personality Masteries / our frequency?

Answer ~ Yes, there can be true healing, but with that being said, it's something that if we do not keep up on our new mind pathology, we will slip back into our old way of thinking. It's something that we will often find we're slipping back every day and then over time it will move out to weekly monthly and even yearly or even every three to five years.

We often become sloppy and it takes work and discipline in keeping our mind pathology working as it should. Once we have it "working" we need to make sure we are clear in writing it down, making sure we have the model which works for us so we can make sure we never stray to far from the model.

Personality Masteries is an amazing science where can have our personality identified in 17 seconds ~ [www.Life-GPS.org](http://www.Life-GPS.org) and magical things will happen. Each of the four main personality types will be anxious for very different reasons. Learning our personality, our frequency, helps us to discover, at a core why we are anxious and spot it before it happens so when life throws something at us we understand how to respond with the most effective mind pathology. In so many ways this is very simple and easy, but with 65,536 possible combinations there is also complexity in helping each individual develop their own mind pathology which works best for them.

## Working It Out . . . HEALING.

A. What is the thing in my life which has caused the most pain?

B. What are the GREAT things which have come from that pain?

C. How can I learn to think differently about that pain / situation?

It seems, that when we have the mental ability, the mental discipline to learn to see the good things which have come from the bad things, the hard things, we are healed rather than helped. The good can far outweigh the bad and that is when healing occurs.

## Question 06 ~ How do I handle anxiety if my co-workers, friends, family, children and/or spouse cause me anxiety?

Answer ~ Great question! Actually, the truth is that no one can cause anyone else anxiety as anxiety is a response to an external situation where we internalize the feeling to one's self. Sometimes that internalization, i.e. anxiety is good and other times it's not good.

In most situations, anxiety comes from the core pain from our personality / frequency. We tend to like people who are like us and fall in love with those who are opposite. This will almost always create a great deal of anxiety. Learning to face this properly is the key to success.

The challenge in this is that often we or those around us are very manipulative . . . not in a good way either. Often we or those around us are somewhat delusional in that we / others think we / they are generous, considerate, smart, giving, charming . . . etc. What's funny is that people actually do buy into their own press releases in spite of all the contrary evidence. The challenge is that those around us are often sloppy, lazy, undisciplined and pathetic and refused to acknowledge it. What's strange, but often true is that they feign ignorance. How can you tell if someone is pretending to be stupid or just plain stupid? Great question.

If you can get those around you to read and discuss this white paper and have challenging conversations they they may really be stupid . . . or maybe you / we are? :-) If someone refuses to read or discuss things then, it would seem that they are pretending, faking their persona and they fear being "outed" because they like the relationship as it is.

It's very much like children who break the dishes, seemingly on purpose to get out of doing the dishes. Some people actually get themselves and you into situations because they know that the anxiety they create for you, will give them something they want. The first phase in curing this is to go through Phase 1 ~ Thinking Differently in the white paper library.

> <https://solutions.dnaforsuccess.com/white-paper-library>

Phase 1 will help people to realize that they aren't that caring and selfless, they aren't that consistent and committed, driven or disciplined, aren't clear with their communications, aren't that strong or open and aren't very good students.

> SEE . . . when you learn to master the six concepts in Phase 1, this will cause those around you who think they are something they are not a great deal of anxiety, because you'll start to see through their antics and call them out for who they are. DO NOT think of this as payback :-), think of this as a way toward mutual enlightenment. :-)

Phase 2 ~ Income Machine is how to turn your talents, gifts, passions into financial gain. There is much anxiety around money so when we learn how to gain control over the discipline of earning, spending and investing financially, we LEVERAGE anxiety in the financial area for our own benefit.

Phase 3 ~ Passions & Life Vision empowers us to raise above everything and discover, our life vision, why we were put on this planet.

Phase 4 ~ My Biggest Challenge Is Me will help us to realize the truth in ourselves and those around us. Often we are anxious for things because those around us are not. There are many reasons for people not being anxious, but one of the big ones is sexual abuse as a child by someone who is father / parent, family member or close friend.

As children, our brains are still forming, our mind pathology is still forming, meaning that the synopsis inside our brains are still being connected. Sexual abuse can cause synopses in our brain not to connect which can cause us not to develop certain “normal” senses, mind pathology to be formed. What this means is that those who were sexually abused as a child may not be anxious when they should be so it not only hurts them but those around them as well.

Now this gets very tricky, because it can also connect synopsis which create a mind pathology of the sexually abused victim where they learn, maybe even at a subconscious level how to manipulate people. If someone isn't willing to talk about sexual abuse (what has happened to them or what they have done to others) then there isn't true healing.

It seems that often, the mind pathology can get a bit messed up where those of us who were sexually abused may be anxious about things we shouldn't be and not anxious about things we should be. Healing comes from healthy and open conversations about this.

Phase 5 ~ Family & Relationships is an exciting phase in the white paper library to go through as we learn about ourselves and those around us. Our parents, our siblings and everyone around us affects us as we also affect others. Learning to SEE things clearly, not as we wish to see them but as they really are, is so very important to our mental health and our overall ability to achieve what we were put on this planet to achieve.

## Working It Out . . . HEALING.

- A. Name the individuals who seem to trigger the most anxiety.
  
- B. What are the triggers . . . those things which seem to trigger anxiety?
  
- C. How could you SEE those things in a different way?
  
- D. How could you help those individuals to learn to see how it's not in their best interest to continue those triggers?

## Question 07 ~ Is there a online course I can take on this?

Answer ~ Great question! There is actually a 7 week course which is really reasonable priced because it's offered through a non profit organization. It's a \$750 course actually but to insure that anyone / everyone can afford it, Life Masteries Institute has priced it only at \$35. If you are able to give more we encourage that as it will help other individuals, throughout the world to be healed from anxiety.

## 7 Lessons

1. The wonderful gift of anxiety
2. Learning the power of anxiety
3. Control it . . . so doesn't control me
4. Anxiety and time / pressure
5. Anxiety and money
6. Help vs. Healing
7. The NEXT Step

# 7 Lessons ~ Overview

## 1. The wonderful gift of anxiety

- a. Thinking Differently
- b. 4 Different Personalities / Frequency
- c. **Engineered** CLARITY
- d. Discovery Learning

## 2. Learning the power of anxiety

## 3. Control it . . . so doesn't control me

## 4. Anxiety and time / pressure

## 5. Anxiety and money

## 6. Help vs. Healing

## 7. The NEXT Step

NOTE: If you have other questions, please feel free to share them and/or if you would like the following questions answered encourage that to be done. :-)

Question 08 ~ How do I actually go about Internalizing something?

Answer ~

Question 09 ~ How do I go about being able to see things I don't see now or am not able to see because of my frequency?

Answer ~

Question 10 ~ How can Pain be disguised as Hope so people run towards Pain instead of "hope"?

Answer ~