

Larry Bilotta's

# The 7 Secrets of Eliminating Your Negative Feelings...In Seconds!

MINI COURSE

Let me start by sharing a little bit about my story. My name is Larry Bilotta and learning how to control my negative feelings actually saved my life!

**I endured 27 years of a marriage made in Hell, but in the 28<sup>th</sup> year, I fell in love...with my wife!**

**How is this possible?**

The same woman I once hated became the woman I love and enjoy today because of these insights. Today, we are happily married over 40 years.



It all comes down to what I slowly learned in those 27 painful years.

Before you learn how to overcome your negative feelings, you need to learn how your negative feelings are created.

Actually apply what you learn here and you'll get the benefit of living life WITHOUT being held back by those dark, critical feelings that make you want to beat up on yourself, or be critical of others.



This may sound lofty or idealistic but it's not. You're about to learn the quickest way to CONSISTENTLY overcome your negative feelings in seconds.



I'm going to take you down a logic path. It's important that you understand and accept each key

idea. Each of the ideas that I will be giving you need to line up with what you already believe is true. If I say something you don't believe, the entire learning process will stop and I don't want that. So let's get started on the logic path so you can learn how to eliminate your negative feelings in seconds.



Step #1:

**No Matter How Negative an Event – IT HAS NO MEANING**

Let me tell you a story...



A farmer lived with his son raising horses and vegetables in the days of ancient China. One day the son broke his leg. The townspeople expressed their sadness by saying, “You must be very distressed about your son’s leg, for now you must work the farm alone.”

The farmer replied, “Maybe, maybe not.”



As the son’s leg was healing, the Emperor declared war and drafted all the young men for battle, but the farmer’s son was rejected because of his broken leg. The

townspeople heard about this and said to the farmer, “You must be very happy about your son’s condition for it saved him from going to

war!”

The farmer replied, “Maybe, maybe not.”



As the son limped around the farm doing his chores, he accidentally left the gate open one night and all 100 horses ran away. The next day, people from the town

came out and said to the farmer, “It is so sad that you lost all your livestock. Now you will make very little money.”

The farmer replied “Maybe, maybe not.”



News came to the farmer that the war was over and the Emperor decided to hold a lottery and redistribute all the livestock. The farmer drew the long straw and received 500 head of horses. The town’s people rallied around him and said, “You must be very happy now that you have prospered so richly!”

...and what did the farmer say?

The farmer knew something that few people will understand. Events themselves have no meaning except the meaning you give them. The Chinese farmer decided that he would not let his emotions carry him high or low.

He simply controlled what he could, stayed calm and let events take their course. He did not let events control him because he knew a secret: Events have no meaning until they are inside you.

With this idea in mind, hopefully you will be a little more reluctant to label any event that takes place as being good or bad. Approach events as the Chinese farmer does; "Maybe, maybe not."

**EVENTS =**  
**MEANING**

**Everything That Happens Outside of you is an EVENT. These Events Have No Meaning, Until...**

Most people quickly label events as either being "good" or "bad" but events themselves do not contain a positive or negative meaning. Let's suppose that in a particular family, an unpopular uncle shows up at the annual

reunion.

You might hear family members comment *"Oh no...here comes Uncle Eddy. You know what that means!"* These family members are acting as if Uncle Eddy is a bad event, regardless of Eddy's current situation. They are convinced that since Eddy was connected to a bad event in the past, he must be bad today.

If this were true, the stock market would not require sellers to tell buyers this statement: ***"Past performance is no guarantee of future returns."***

If someone says the words "plane crash" we immediately think it is a negative event, but what if the plane was unmanned and built to test a device that could save thousands of lives? Then we think of it as a good event.

**MAJOR point: It is your inside emotional reaction to an event that makes it good or bad, not the event itself.** The same event can be viewed as bad for one person but good for another. Homework, surgery, spoiled milk, rainy day, new car, birthday, wedding...

Are they good or bad?

They can't be labeled because it all depends on how each person receives and processes the event and then decides whether the meaning is good or bad.

Events themselves have no meaning. There are no "good events" or "bad events". Meaning takes place inside you. The key question is HOW DOES IT HAPPEN?

In the next installment, you'll discover the place inside you where meaning is actually created.

**Step #2 – The Secret to Being Positive around the Negative People.**



The secret to being positive around the negative people requires you to learn about a little organ inside your brain that can make you believe that almost anyone in your life is a threat. You just learned that events themselves have no meaning...

So what gives an event a negative or positive meaning? (I need to get a little 'scientific' to illustrate my point.)

Any event will take on a negative meaning because of a little almond-shaped organ in your brain called the amygdala (properly pronounced "uh-mig-dull-uh").

The book, Emotional Intelligence by Daniel Goleman, Ph.D., reported research results from neuro scientists on the brain's connection to emotions. In his book, he explains the role of the amygdala...



*"...when impulsive feelings override the rational, the newly discovered role of the amygdala is crucial. Incoming signals from the senses let the amygdala scan every experience for trouble."*

*"...the amygdala is something like an alarm company where operators stand ready to send out emergency calls to the fire department, police and a neighbor whenever a home security*

*system signals trouble."*

*"This puts the amygdala in a powerful post in mental life...challenging every situation (Event) with one kind of question...is this something I hate, something I fear? If the moment at hand somehow draws a "Yes", the amygdala reacts instantaneously sending a message of crisis to all parts of the brain."*

Here's more proof from Emotional Intelligence...

*"...the urgent message the amygdala sends you is sometimes, if not often, out of date. The amygdala scans experience, comparing what is happening NOW with what happened in the PAST.*

*...When one key element of a present situation is similar to past, it can call it a "match"-which is why this circuit is **SLOPPY**.*



***...It acts before there is full confirmation...** (Key point! explain shortly.)*



*...It frantically commands that we react to the present in ways that were imprinted long ago, with thoughts, emotions and reactions learned in*

response to events perhaps only **dimly similar, but close enough to alarm the amygdala.**"

Here's what this means: You have a part of your brain **you cannot always depend on!**



The amygdala can create such a strong emotional reaction that it literally shuts down your brain, or what the scientists call your "working memory". It sets you into a state of emergency **BEFORE THERE IS FULL CONFIRMATION!** Your amygdala **DOES NOT** seek full confirmation.



Think of it this way. Your amygdala is designed to protect you, but in light of this new information, your question must now be "protect me from what?"

Are you going to go through life allowing your amygdala to decide that a comment from a coworker, boss, spouse, son or daughter is dangerous simply by "comparing what is happening NOW with what happened in the PAST.?"



Your amygdala does this in a quarter of a second.



I'm sure you've experienced being so upset that you couldn't remember where you put your keys, what you were supposed to do next or what you promised your aunt Liz.

Remember earlier when I talked about poor Uncle Eddy whose family members dreaded his arrival at the annual family reunion?



Why didn't they want to see their dear Uncle?

Because their amygdala told them that Uncle Eddy was a bad event. Eddy had a history that ignited the amygdala of family members.

Any negative event has the power to 'trigger' your amygdala with a bad memory from the past, **and it has no bearing on how far in the past it was!**



Take your favorite food for instance.



Let's say that your favorite food is pizza. One day you go into your fridge, grab a piece and take a bite only to discover it is completely covered in MOLD!

The next time you eat pizza, (this could even be a year after that moldy pizza) your amygdala tells you that pizza is bad by instantly merging that old moldy pizza memory with fresh pizza. Your amygdala makes you **believe** that ALL pizza is bad.

Have you ever tried to explain an idea to someone and they keep looking like you were from another planet?.



That's because their amygdala did not know the meaning of what you were saying. To fix this, their amygdala provoked them to say "So *what's that supposed to mean?*" You try to make your meaning clear with your next statement and suddenly that person blows up at you!

Your amygdala merges current events which have no meaning to past **NEGATIVE** events that carry troubling meanings...many times, **way in the past.**

**Your Amygdala Does Not Know What Is Real And What Is Not ...but it acts like it does!**

The amygdala has a very powerful affect on you emotionally and physically when it "decides" that a current event is just as negative as a bad experience you lived through in the past... "***it scans experience, comparing what is happening NOW with what happened in the PAST.***"



(That could explain all the bitter people in this world.) Let's do a little experiment to find out how real the amygdala is.

Think of a particularly difficult person that is very close to you.

Now begin to remember several negative events associated with this person. You might start to become angry recalling these bad memories. ***You are now experiencing the effect of your amygdala!***

Right now, you are experiencing how your amygdala "*...frantically commands that we react to the present in ways that were imprinted long ago, with thoughts, emotions and reactions learned in response to events perhaps only **dimly similar, but close enough** to alarm the amygdala.*"

When you are so upset you can't think straight your amygdala is demonstrating its power to temporarily **shut down much of your brain's functions.**

This is why it is so critical that you learn how to eliminate the negative feelings your amygdala can create BEFORE THERE IS FULL CONFIRMATION. BEFORE you get all the facts..

Here's What You've Learned So Far...

1. Events are neither good nor bad.
2. When an event takes place, your amygdala then asks the question "What Does This Mean?"
3. If it can, the amygdala will "match" this event to a similar bad event in your past and label this current event as negative. For this, you pay the hard price of emotional stress.

**Step#3 – The Most Precious Piece of "Real Estate" you Own is Not Outside, it's Inside.**

## IMAGINATION



Most people associate the imagination with little kids drawing pictures and playing with their imaginary friend. They also believe that people use their imagination less as they get older.

These ideas about the imagination are way off.

Think of the word IMAGINATION.

Notice that the word **image** begins the word. An image is a picture and your imagination is where you see pictures.

Your Imagination is your own personal internal TV set.

Scientists have often compared the imagination to a television set because like a TV, your imagination has light, sound, color, motion and picture.



## THE TV YOU NEVER KNEW YOU HAD :



Consider how without even realizing it, you use your imagination every day for tasks as simple as giving directions to a stranger.

As you describe roads and landmarks the person will encounter, you are not physically in front of those landmarks, yet you can "see" the route and every landmark on your internal imagination TV set.

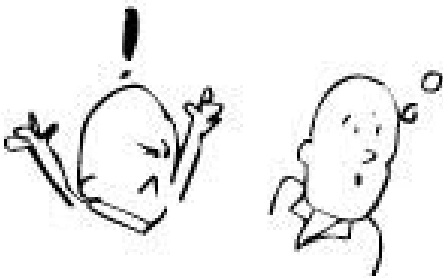
This process is so natural and normal that most people never realize they're using their imagination, but without an imagination TV to look at, how could you know where the stranger would be going. Only your Imagination TV, or "ITV", tells you so. You cannot simply recall lists of street names when giving directions.

You're only able to give directions because you can see the route as if you were traveling it yourself. The place where that route is viewed is in your imagination TV, or ITV.

For example, look at the word: **BOAT**.

What kind of boat do you see? This boat is not in front of your eyes. It is on your ITV? Some people see a sailboat while others see a yacht. A single word will create an instant picture on your imagination TV, your ITV.

### Your Imagination runs your life



Your imagination is so powerful it can override your five senses. Have you had the experience of being in a conversation with someone when suddenly you realize they are not listening to a single word you're saying?

No, it's not because you're boring. It happened because they suddenly focused on the picture in their own ITV instead of what you were saying.

'Highway hypnosis' is the term used to describe driving twenty miles and then suddenly realizing you arrived at a new location with no idea of how you got there.

You simply began watching captivating images on your ITV and drove on autopilot without consciously being aware of reality.



Your imagination is at work when you read a well-written book about an exciting adventure that vividly creates these scenes on your ITV. It may even seem as if you're right there in the environment with the characters in the book!

### Your Imagination changes words into pictures

Your imagination instantly turns words into pictures so fast you can't even notice it.

Here is a single word. Watch how fast the picture shows up on your ITV after you read the word:

**PIG**



By reading this printed word, your ITV is suddenly showing you a picture of a pig.

By giving you more words, the picture will take on more detail.

**The PIG is BLACK.**

Just by reading those words, your ITV shows you a picture of a black pig. Now here are more words so your ITV can create more pictures.

**The PIG is RUNNING...across a FOUR LANE BUSY HIGHWAY .**

Now you have a much more vivid picture of this black pig and his dangerous surroundings. You are now watching that situation playing out on your ITV set.

Remember your amygdala, that little organ in your brain that does not always know the difference between what has happened in the past and what is REALLY happening at the moment?



Your amygdala checks out the pig running across a four lane busy highway.

In a split second, your ITV fills up with a picture of the black pig. Your amygdala checks out your distant memories of pigs and finds no connection to your past (that is unless you had an unpleasant situation on a farm where a pig was involved). When the amygdala finds nothing in your

memories to be ignited about, it lets the event pass through without alarm.

If your amygdala could connect the current picture of the black pig to a bad memory, it would set off an alarm and put you under stress. If you instead connected a positive memory to the pig event, your amygdala would not be alarmed and a good pig picture would end up on your ITV, but few people know how to do this.

Think of your ITV as a place. Just like you think of home or work as a place. It is much more valuable than any real estate you could own.

Your happiness depends on the pictures that occupy your ITV and your mission, your very purpose in life is learning how to control it under all circumstances.

I will be explaining how every feeling you have had or ever will have all originate on your ITV.

No matter what you feel...sad, glad, mad or indifferent, it all comes from that center of the human universe we know as the imagination.

**Step 4: How people treat you is the result of the kinds of vibes coming out of you.**



Have you ever heard these phrases?

*My nerves are shot... I'm a nervous wreck... She has a nervous condition...*

People don't consciously think about it but what they are really talking about is the ten million nerves that make up the human nervous system.

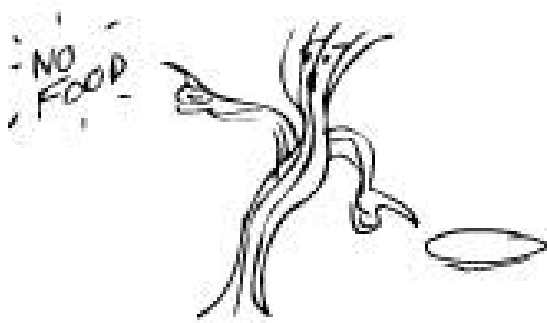
Let me illustrate the power of your nervous system in a way you can relate to...



On a particular day at work, you are so busy that you forget lunch. Late in the day, you realize how hungry you are and a coworker tells you they will bring back something for you to eat.

In the meantime, another person tells you about a great meal they had and describe it in detail. (An Event)

Your ITV immediately produces a full color picture of that meal by turning words into pictures. With a very tempting picture of food on your ITV, imagine your nervous system coming to you and saying something like: *"Excuse me, there is a very good picture of food on TV, but there is no food on the table out there in reality. What did you want me to do with this saliva? Did you want me to run it or hold it?"*

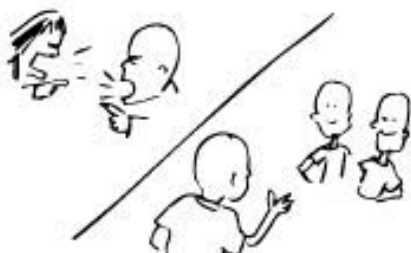


You might like to think you have a choice but your nervous system doesn't give you a choice.

It simply makes your mouth water as if there were real food in front of you, but the only place where food exists is on your ITV.

Here's another scenario...

One Sunday night at home, you have an emotionally upsetting fight with a member of your family. The next day you go to work and everyone is getting along fine, but inside on your ITV, a full color movie of that upsetting confrontation fills your imagination TV.



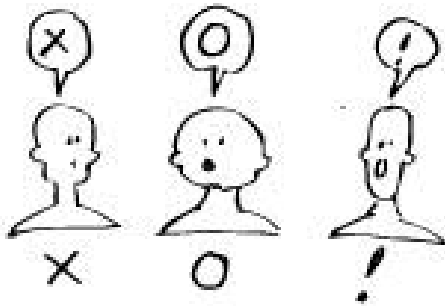
Again, your nervous system does not ask you for permission; it simply ignores reality (the work place), and just starts pumping adrenaline. Almost immediately you are as angry as you were the night before.

Why did your nervous system generate saliva and adrenaline when there was no fight and no real food out there in reality? **The truth is that your nervous system does not care about the real world.** A little-known fact is that your nervous system is not able to process the real world. **It only cares what is on your ITV.**

Therefore, your imagination is the most powerful and influential asset in your life. **It has the power to decide how you feel because your imagination TV has direct and complete control of your entire network of ten million nerves.**

**Your nervous system is a loyal slave to your ITV and obeys everything it sees there.**

This is the reason that three people can view the same event and come away with three different interpretations about what it meant to them. That's 3 different ITV's!



**Your nervous system instantly reacts to EVERY picture found on your ITV.**



If you continue to remain unaware of negative pictures on your ITV, then negative things will continue to occur for you.

**FACT: your nervous system only cares about the pictures on your ITV, or, the only reality in life is on your ITV.**

Imagine: All ten million of your nerves responding to instructions from the pictures on your ITV. What if those pictures are bad, nervous, critical, fearful or simply uncertain? How will your nervous system react? That's right! Your nervous system is a television station broadcasting every feeling produced by the pictures on your inside TV set.

How will other people treat you if they feel vibes coming out of your nervous system that are edgy, critical, fearful or uncertain? They will deal with you in a negative way.



They will give you back what you first give them. Problem is, you don't know what's being broadcast from your ITV, you're not even aware of it...YET.

It is the feelings put out by your nervous systems that decide how other people treat you. You don't have a

clue how to control those pictures that send out vibes you really didn't want to send out in the first place.

Don't like the way your boss talked to you this morning? First look at your ITV pictures. Make your pictures confident, certain, positive, pleasant, productive and optimistic and your vibes will suddenly be the same.

### Step 5: Your Feelings: The immediate result of what's on your ITV.

Remember the amygdala?

The control of that little organ in your brain plays a big part in overcoming your negative feelings.

When your amygdala becomes alarmed (because it discovered an event was bad or threatening), your ITV fills up with bad pictures.

Since your nervous system is a slave to your ITV, those bad pictures will create immediate bad feelings.

If the pictures are good, your nerves will fill you with..., you guessed it...GOOD FEELINGS.

AT NO POINT DOES REALITY PLAY A ROLE. This is hard to accept for most people, so let me give you an ITV visual as an example. Let's say you're asked to go on a weekend getaway with friends.



The first evening there, you lay in a hammock by the lakeshore and listen to the calming sounds of nature and enjoy a brilliantly colored sunset with warm breezes and the scent of pine in the air. At that very moment for you, this is reality.

However, just the day before, your employer announced a downsizing and you lost your job of fifteen years. You have no idea where you will find

another job.

While you lay in the hammock, your ITV fills with pictures of you out of work, being rejected by one employer after another and the bank repossessing your home.

How should you FEEL at this beautiful moment? WHAT IS REAL? Is it your beautiful reality or the potentially tragic future playing on your ITV?



**LET'S REVIEW WHAT YOU KNOW SO FAR:**

1. Events have no meaning until they reach your amygdala. (That little organ in your brain that is SLOPPY, yet powerful enough to temporarily **shut down much of your brain's functions.**)
2. Then, if your amygdala decides that the event means danger, it produces an instant picture of danger on your ITV.
3. Your entire network of ten million nerves matches feeling to the movie playing on your ITV
4. Right at that instant, those movies, (good, bad or neutral) are the only reality your nervous system will respect. Suddenly, you will feel exactly like the movie you are watching. Your nervous system makes it so. You will feel good, bad or neutral, all depending on the movie.
5. Feelings are the powerful result of your ITV and nervous system working together. This "feeling-generating" machine works in less than a second but it doesn't end there. The next step produces your beliefs.

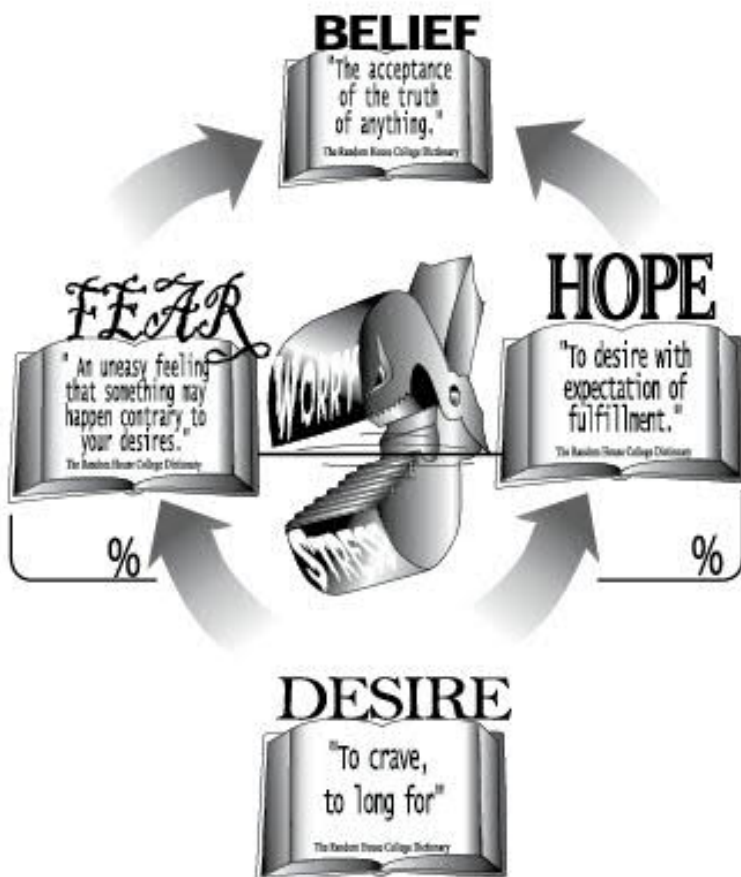
**REMEMBER:** Since your nervous system is completely obedient to your Imagination TV, you feel things whether they are real or not. This is what people around you call

"perception" as in "Oh Susan, that's just your perception of the matter." Now you know what it really is...your ITV picture of the matter.

**Step 6:** It can often cost you a great deal personally to believe your feelings are always true.

To understand the real power of 'belief', you need to understand how it relates to these three words: 'Desire', 'Fear' and 'Hope'.

**SIDE NOTE:** When I say 'belief' I am **NOT** referring to WHAT YOU BELIEVE IN, but rather, what you believe about any particular situation in the moment.



## 7 Secrets of Eliminating Your Negative Feelings In Seconds-Bilotta

Desire, Fear and Hope are three ideas that can turn your life into something great or much less.

The dictionary defines the word Desire as

*“To crave or to long for”* such as when you might “crave and long” for winning a scholarship to college. You may have a strong Desire, but you may face two opposing thoughts...

One for Hope and one for Fear.

The DEFINITIONS of Hope and Fear are:

HOPE: *“To Desire with expectation of fulfillment.”*

FEAR: *“An uneasy feeling that something may happen contrary to your Desire.”*

**Hope means you believe your Desire WILL happen.**

**Fear means you believe your Desire will NOT happen.**

Obviously, these two definitions are in conflict.

You must pass through EITHER hope or fear before you can have that single convincing feeling we know as **belief**; *the acceptance of the truth of anything*, that is, ONE single thing.

You can believe in Hope OR believe in Fear, but you can't believe in both or you'll end up plagued by **worry and stress**.

Let's look at a scholarship example. Even though you have a real desire to win a competition for a college scholarship, you don't believe you can win.



In this case, you have 100% Fear and 0% Hope that the scholarship is out of reach. Suddenly, your worry and stress disappears about the possibility of the scholarship.



Yes, it's a negative result but you would not be plagued by worry and stress

because you chose to believe the Fear definition alone (*“An uneasy feeling that something may happen contrary to your Desire.”*). You would be resigned to the fact that the scholarship will not happen.



## 7 Secrets of Eliminating Your Negative Feelings In Seconds-Bilotta

On the other hand, if you had 100% Hope and 0% Fear that winning the scholarship is very likely, you would be firmly convinced and you would also be free of stress.

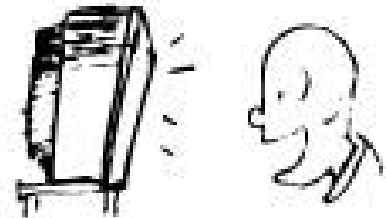
On the night of December 31<sup>st</sup>, 1999, millions of Americans had a severe case of “100% Fear and 0% Hope”. They believed that the nation’s entire system of computers was about to collapse under the Y2K bug and end our way of life.



These people could not be convinced to believe otherwise.

In fact, they believed so strongly that this was going to happen, they tried to convince their families and friends to feel this same fear. They were ready for the worst and they were not stressed about it. The only stress they did have was that family and friends were not prepared for the imminent disaster.

When these people woke up the next morning and listened to the news, they instantly switched from a feeling of 100% Fear, to 100% Hope because they changed what they *believed*. Once again they did not have worry or stress, but this time, it was for a different reason. The disaster they believed was going to happen, didn't.



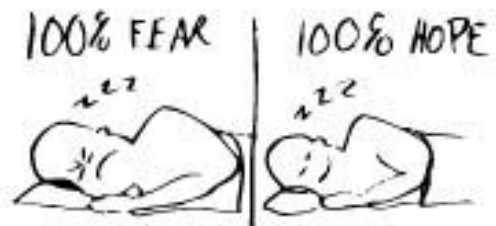
If you believe in something, you'll be free of doubt if you choose **ONLY ONE** path. (Either Hope or Fear, ***not both***)

If you choose to remain torn, 50% Hope and 50% Fear, you'll be full of worry and stress. So the question is...



Which Side Are You On? Fear or Hope? If you feel bad, you believe your feelings are true. If you feel good, you believe your feelings are true.

Your nervous system obediently produces feelings from the pictures on your ITV...NOT from REALITY.



**REMEMBER: When you are split between Fear and Hope on any issue in life, you will struggle to believe anything, AND you will be full of worry and stress.**

It's a very hard way to live when your amygdala can decide that someone's voice inflection means they are saying you're incompetent. If you allow your amygdala to decide the meaning of events, you will pay a high price.

Does that person really feel you are incompetent? Maybe, maybe not, but your amygdala did not allow a debate. It was convinced, and now you are.

Why should you believe your feelings are ALWAYS TRUE when the source was your feelings, whose source was your ITV pictures, whose source was your amygdala that neuro scientists say is a "sloppy circuit". Remember? It acts "**BEFORE there is full confirmation.**"

Do you want to live a life where you keep on acting on information before everything has been confirmed? Do you see the danger of living this way?

The only answer to this dilemma is to learn how to control your amygdala and ITV combination. You need to discover how to keep your amygdala from pushing the panic button.



**Step 7: Trying to change your attitude with willpower will make your life harder. Here's how.**

Many books have been written about the rewards of a good attitude and the problems of a negative attitude. In all this, the source of attitude has not been addressed.

Books about good attitude focus on changing by simply making a different decision or simply deciding to think positive thoughts which should change



your attitude.

I say "simply" because that's how authors and speakers make it seem. They talk as people who don't know that your amygdala can push the panic button on an event which may or may not be dangerous.

Once you understand this chain of events, it becomes obvious that attitude is not the problem. It is just a result like dark exhaust smoke out of a poorly running engine.



Here is what makes attempting to fix your attitude such a mistake. While you are working so hard on controlling your attitude, down inside your amygdala and ITV remain unaffected. This team may still be broadcasting bad vibes to the people around as you attempt to "force a smile".





This brands you as a “hypocrite” and “phony” These are the labels you get when attempting to force your attitude to improve by simply “acting” nicer. You must get to the engine and stop dealing with the exhaust.

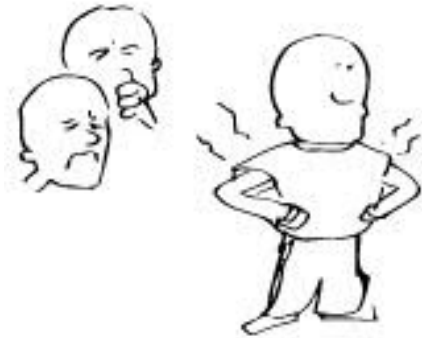
If you manage to force yourself to act nice, thereby appearing to fix your attitude, your inner vibes will still be broadcasting their negative messages. Those bad feelings will continue to reach out and touch other people.

You may have had the experience of trying to change your attitude about a certain person you didn’t like. You may even have been successful in staying pleasant. But because your vibes were so negative, they still poured out for everyone to feel.

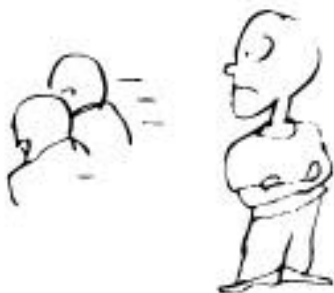
### **Attitude is only the symptom, not the source.**

What you do because of your attitude is called ACTION and action brings us to the strange phenomena I call the B.O. Law.

The law takes its name from the deodorant commercials where a young man with body odor enters a room only to be avoided by his social circle. He suddenly becomes self-conscious and worried about the possibility he has irritating body odor, although he’s just not sure.



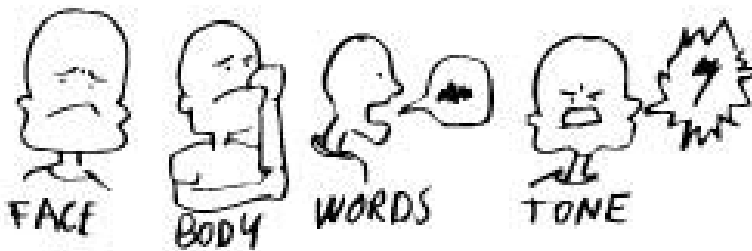
The commercials made you realize that when you have body odor, **you are the last one to know**. This message instilled feelings of doubt and fear of social rejection.



The solution presented was to use deodorant and avoid any possibility of being rejected. The ads worked. Millions feared they might also have BO and not even know it.

This is the perfect example to illustrate the four things that can come out of you in any social situation just like BO, you don’t know it. These are things you are not aware of, but other people can plainly see.

- 1) YOUR FACE EXPRESSION; *you can’t see it but everyone else can.*
- 2) YOUR BODY LANGUAGE; *you can’t see it but everyone else can.*
- 3) WORDS YOU SAY; *though you hear them you’re unaware of how they are being received by others.*
- 4) YOUR TONE OF VOICE; *you can hear it but you don’t have any idea of how you sound to others.*



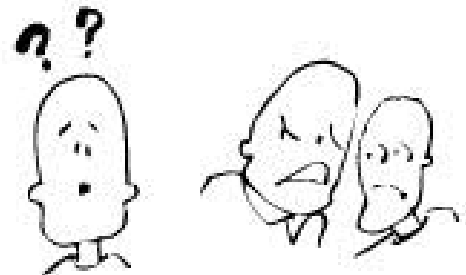
Like the man in the commercial, it's startling to realize that people know things about you that you just can't.

Your snippy tone of voice, your folded arms, your cringing brow, none of which you can see because you're too busy delivering it. Your

listeners have no such limitation. They can see and hear everything as it comes out of you; they can even feel your vibes. You can't.

Once a meaningless event arrives, will your **amygdala** set you into a state of alarm by making the event mean something bad?

After your amygdala grabs the event and makes it mean something bad, your imagination TV **obeys** your amygdala and creates instant bad pictures.



Now your nervous system **obeys** your ITV pictures, by turning these into bad feelings everyone can feel even without saying a word. These are your "vibes". Since you are feeling bad, your belief **obeys** your feelings and now you believe that your feelings are true.

Once you believe bad things are true, your attitude **obeys** your belief and distorts your body language, tenses up your tone of voice, and twists the look on your face. In the final act, you **OBEY** this chain of events and do exactly what it tells you every single time. You take an action or avoid an action according to the demands of the chain of events described here. You **OBEY!**

**OBEY:** "To conform or to comply with." (Webster's)

Do you really want to live a life where you are constantly conforming and complying with something that you did not create, did not decide on, did not debate or consider?

Do you want to be someone who just OBEYS?! I didn't think so.

**Let me sum up the seven secrets to eliminating your negative feelings:**

**SECRET #1: Events**

**SECRET #2 – Your Amygdala.**

**SECRET #3 – Your ITV.**

**SECRET# 4: Your Nervous System.**

**SECRET # 5: Your Feelings.**

**SECRET # 6: What You Believe.**

**SECRET # 7: Your Attitude.**

Let me give you some practical examples so you can apply this for yourself.

Let me explain this inside system simply:

An event happens. It has no meaning. Remember the story of the Chinese farmer. Maybe. Maybe not.



Your amygdala searches history. If it finds something bad, it creates a bad meaning for that event. With that bad meaning, your amygdala creates a bad movie of the event and puts it on your ITV. Your nervous system is watching that bad movie on your ITV. Your nervous system turns that bad movie into a bad feeling. You feel it. You believe that bad movie is true. Your bad belief creates a bad attitude. Your bad attitude creates a bad action.



You can apply this chain of seven secrets to any event in your life and to any relationship. There are only three relationships. Your intimate relationship, your social relationships and your work relationships.

Most often, you are not prepared for what goes on in your relationships. The events in those relationships take you by surprise because you are not thinking about the seven secrets.

By giving you this message, I wanted you to be ready. I wanted you to be ready to remember that the moment an event happens, it is you who must decide what it means. This will take some practice to create good meaning. Your amygdala is in the business of looking for bad meaning. You must get in the business of looking for good meaning.

I'm talking about meaning because meaning starts this entire chain. Everything along the chain must cooperate with the starting event. If you consciously do nothing, then your amygdala is now in charge of the starting event.

It comes down to this: either you will consciously create meaning or your amygdala will create meaning for you and if it's bad, you will pay.

So you're making lunch in the kitchen and your sister comes around the corner saying something thoughtless and snotty to you. Are you going to decide the meaning of that event or do you want your amygdala to go looking for the history of every bad encounter with your sister?

So your wife is struggling to get a heavy box down from a garage shelf and in her frustration she says something bad about you her husband. Are you going to decide the meaning of that event or do you want your amygdala to go looking for the history of every bad discussion with your wife?

You are in a meeting and you have responsibility to make decisions. Someone attending the meeting infers that you are incompetent with an arrogant tone of voice. Are you going to decide the meaning of that event or do you want your amygdala to go looking for the history of bad past meetings with that person?

Now you get my point. If you don't decide the meaning of an event, it will be decided for you.

Your question now is: how do I create good meaning?

You do it with a phrase. The phrase is very simple and it's easy to remember. Here's the phrase:

"You know what this reminds me of, it reminds me of the time..."

It sounds so simple, you would think it wouldn't have much power so let me say it again. "You know what this reminds me of, it reminds me of the time..."

This is the simple phrase that steals away the power from your amygdala and gives it to you. You are probably asking why is that? There's a good reason. You need to say this phrase often so it becomes like a knee-jerk reaction.

When your sister was making her comment, when your wife was making her comment, when the coworker was making the comment, you will internally react with "You know what this reminds me of, it reminds me of the time..."

What you say after the word "time" can be any positive thing you want. It can be a great memory, it can be a great victory and a personal success. It can be the day you received a wonderful gift from a close friend. The point I'm making is that what you say after the word "time" does not have to be connected to the event that's happening.

You might jump to the conclusion that it had to be connected. But the reason it does not have to be connected is that the amygdala has no need to connect its meanings. Let's remember that quote from the book Emotional Intelligence. It said "When one key element of a present situation is similar to the past, it can call it a match which is why this circuit is sloppy."

It turns out that the brain does not require anything to be an accurate match. There is no need for facts. So with your opening phrase "You know what this reminds me of, it reminds me of the time," you are setting up your brain for a connection that YOU are making, not your amygdala.

So when your sister just finishes her nasty comment while you're making lunch, you could start thinking inside, "You know what this reminds me of, it reminds me of the time that my coach pulled me aside after the game and said to me "The hardest thing about my job is losing great players like you to graduation."

You have just connected a great memory to your sister's behavior. The moment you do that, you have created a GOOD meaning. In this case it's the meaning of your coach giving you a wonderful complement. Your brain is now filled with the memory of that comment which is a good meaning to your sister's event. Your sister's event turns into a good meaning which turns into a good movie on your ITV.

Your good ITV movie of the coach's comment goes up through your nervous system and turns into a good feeling. Your good feeling transforms into a good belief. Your good belief transforms into a good attitude. Your good attitude transforms into a good behavior. Right at that moment, you feel so good that you turn to your sister and say something complementary. She is shocked and surprised and returns your good attitude back to you as her new good attitude and good behavior.

When you first attempt this, it might go a little sloppy but the results will still be encouraging. You should practice taking every event and turning it into a good meaning. You can't just do this once a month and expect you're going to remember.

You must practice in every event you can saying the words "you know what this reminds me of, it reminds me of the time".

If you have not had a particularly happy life, you may have to do some digging to find good events that you can insert after the word "time". In my own case, I had to go back to a time when I was a toddler to remember a moment when my mother was making gingerbread cookies at Christmas time and she was going to give one of those cookies to me. Even though this memory is not connected to any event, I simply connect to my phrase and I'm suddenly feeling so much better. I am in control of this chain, not my amygdala.

I had to go to great lengths to explain the seven secrets to you so that you put a foundation under this simple method I'm asking you to do. If I would've just explain the method, you most likely would not have accepted it and thought of this as some shallow technique. It is not.

Events, your amygdala, your ITV, your nervous system, your feelings, what you believe, your attitude, your behavior. It's a chain and it's all controlled by meaning.

So each time an event happens and it starts to feel bad, you already know what's going on so get out your phrase that you have memorized:

You know what this reminds me of, it reminds me of the time...

## 7 Secrets of Eliminating Your Negative Feelings In Seconds-Bilotta

I personally know this is true because I discovered it by being married to the toughest strong-willed woman in the world. Under the pressure of her very opposite ways I slowly discovered what I have explained to you.

Knowing and daily applying this truth has saved me untold amounts of grief and stress, both emotional and physical. My physical health has benefited as well as my productivity.

I don't suffer with frustration common in normal life even though I have all the same issues everyone has. Practice this system and get the benefits of a low stress life.

So what is the punch line? How can you do what I am doing?

Can you learn this skill by reading a book? A book is not interactive. You cannot ask it any questions. You can't explain your frustration to a book. It just talks to you in a one-way conversation.

You can learn the ideas sketched out here in the Environment Changer course, a live, interactive experience where myself and my Environment Changer students help you make sense of your situation and show you how all the pieces fit together.

We care about you as a unique person, know who you really are, clearly explain your greatest strengths and get you focused on what you CAN do to restore your relationship and build the emotional resilience of your children. (learn more at [www.itonlytakesoneman.com](http://www.itonlytakesoneman.com))

-Larry Bilotta-

© Copyright 2004. Life Discoveries, Inc. ALL RIGHTS RESERVED. -