

Prologue

The Subconscious Mind

The subconscious mind is 85 percent of untapped potential just waiting to be released. While the conscious mind is intellectual and processes information, the subconscious mind processes feelings. It holds your memories and your dreams for the future. When something feels right, it's your subconscious mind working.

The subconscious mind is located in the lower cerebellum and has its own independent connections to the frontal lobe of the brain (where your conscious mind sits), the body as a whole and access to your spiritual connection.



The subconscious mind lets you know when you're hungry, when you're afraid and when something doesn't feel right.

The Reticular Activating System

The driving force behind the subconscious mind is the Reticular Activating System (RAS). Think of the RAS as an electrical switch. It's believed to be the center of arousal and motivation in humans and animals. It's like a filter that takes in the information, sorts it, and tells you what's important and what's not. If you don't need the information, the RAS quickly pushes it out of your brain.

The conscious and subconscious minds working together are the most powerful tool you can have. When they work in concert, your electrical switches inside your brain will light a fire under your goal. Thoughts, feelings and actions fall in line and before you know it, you're moving toward your goals.

Your Body

When something isn't right in your life or you're on the wrong path, the first and most common place you'll feel it is in your body. Aches and pains. Weight gain or loss. Migraine headaches. Unexplained chronic illnesses. Anxiety attacks.

That's because your spirit, mind and body work together. Generally, the physical symptoms you're experiencing are linked to something that first started in your mind or Spiritual plane. If you're on the wrong path, your innate spirit or logic gives you warnings, which show up in your body.

Throughout the eMerge program, you'll be asked how your body feels. Do you feel good? Do you feel poorly? How's your energy level? Good health means that you can move forward on your journey easily. It means that you'll have fewer Roadblocks along the way, and that you'll be up for the tasks at hand. It's also an indicator of the other major components: your spirit and mind.

Your Spirit

Your Spirit is your Higher Power or Higher Self. With eMerge, you connect to it through your Human Guidance System. It's the voice that whispers in your dreams and guides you along your path. It's a Higher Power, a place where your own personal truth resides.

Your Spirit works with your subconscious mind to guide you and to help you make decisions along your journey. By learning to listen to your Spirit, you're tapping into a powerful force that can propel you forward and help you navigate the road ahead.

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The Driver's Manual:

This book is the ultimate personal development guide. It contains three components: the eMerge Driver's Manual, the Personal Maintenance Log (PML) and the Owner's Manual. By working with all three instruments, you have all the tools you need to become the Driver in your life, eMerge as your true self, and to reach your destination.

eMerge Coaches:

If you find that you need help along the way, consider calling on one of the eMerge coaches. Think of our team of coaches as your Personal Inspiration Training (PIT) Crew™. Your coach can help you identify and overcome Roadblocks, help you tap into your spirit and leave the past in the Rearview Mirror™. By working with a coach, you'll get even more out of this rich program.

Hands-on Learning:

eMerge offers hands-on workshops that will give you a more in-depth look at some of the topics and issues covered in your Driver's Manual. For more information on hands-on workshops, go to www.emergecoachingservices.com.

We wish you love, light and blessings along your journey.

Dr. Kelley and the eMerge team