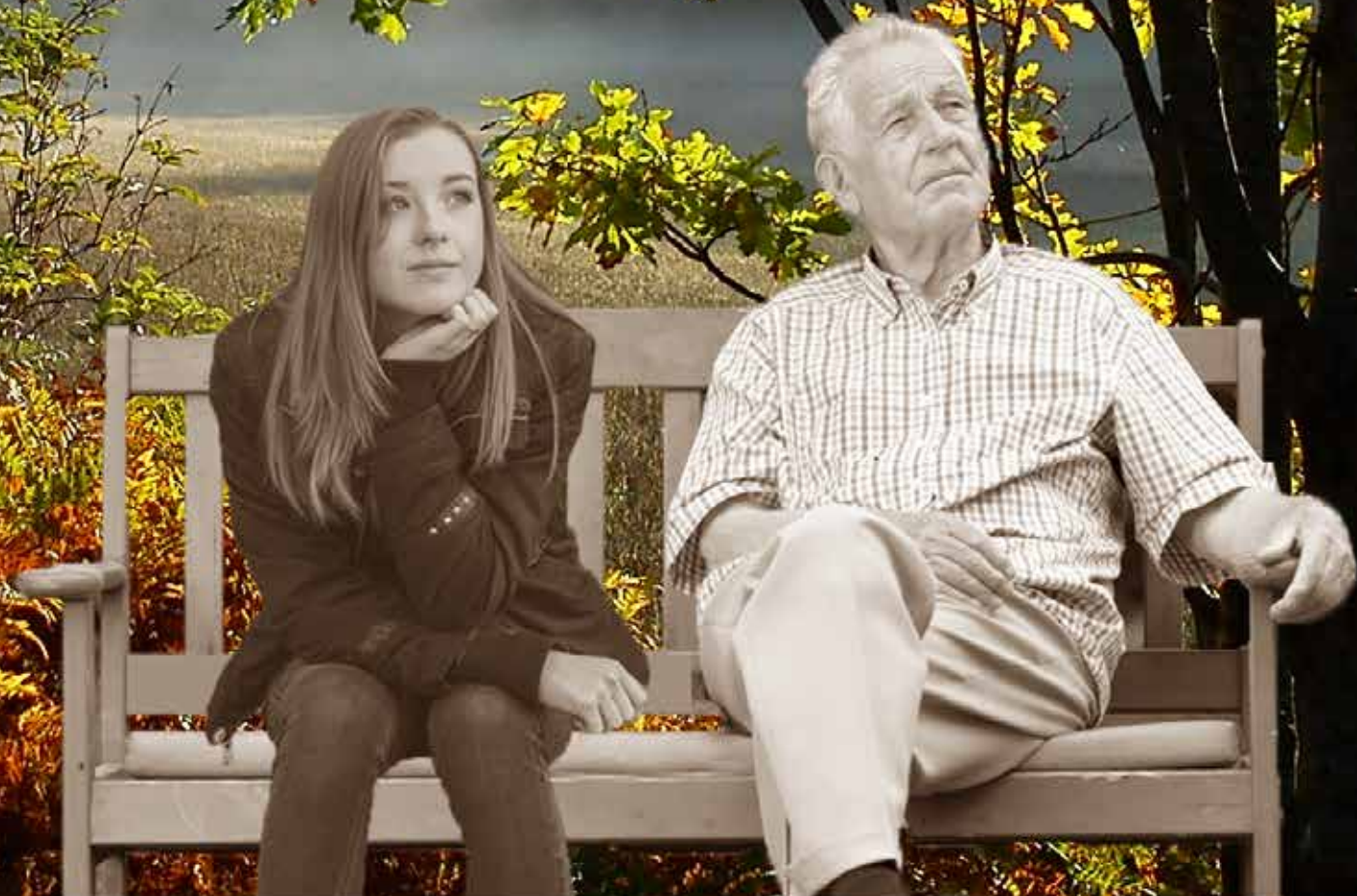


How To Think In A Way That Will Unlock All Your Potentials

An Introduction To The Plus Code



Tom Erik Green



About The Author

Tom Erik Green

Tom Erik Green is a psychotherapist and mentor. His experience stretches over a period of 30 years, and has formed this e-Book, which is the first in a series of books from the company PlusVendor. The aim of these books is to make the principles for personal growth and development available to everyone.

While people in our modern society can choose from a variety of options, there are also growing demands in terms of efficiency and performance, and there are many people who experience unevenness in the relationship between time, money and Personal Growth.

Unevenness between time, money and Personal Growth will be at the expense of discovering your true personal potential. The main reason for this is that in order to unlock your potential you have to read good books, follow good educational programs, and meet a mentor.

While talking with her psychologist and mentor, John, Lisa was led to think in a way that unlocked her potential regarding what she was able to represent as a person. Once you experience what Lisa did, there is no way you can deceive yourself from growing and develop as a person without knowing it.

Have a pleasant Reading! Much likely you may also enjoy listen to the audio!

Lisa is a young woman at twenty years of age, and John is an elderly man that has worked as a psychologist in his job career.

Lisa and John meet in the city park, on a summer Sunday morning.

THE PLUS CODE

«The best indication that you grow as a person is that you use words like enthusiasm, passion and success.»

«Why is that?»

«We tend to use words that more than 3 to 5 people around us use, so if 3 to 5 people around you use these words, your reality would most probably reflect what these words mean to you.»

«I don't have people around me that usually use words like that»

«True, it is the reality of most people. It's been said that up to 70% of our daily thoughts revolve around things we do not desire, how we don't want things to be, and about things that could fail.»

«What would a psychologist say about that?»

«I would say that the lower percentage of your thoughts that focus on what you don't desire, the more you will love your life and be loved by others.»

«How do I reduce that percentage?»

«You must solve the Plus Code.»

«The Plus Code?»

«Yes, when you solve the Plus Code you discover your intuition, empathy, love, passion, focus and confidence, i.e. your Plus, which is your personal frame of sensations, emotions and beliefs.»

«How do I solve this code?»

PERSONAL GROWTH

«To solve the Plus code, it is necessary for you to expose yourself to unfamiliar and challenging situations, in other words, to take the subject Personal Growth.

Allow me to elaborate.

Imagine that you've attended a course for one year and it's the final exam. Then you show up for the exam, you read the assignment, and then you realize that you haven't read up on the content of the task.»

«A really awful situation!»

«Yes, and it would be normal that you do blame yourself, and think a lot about this unwanted situation and everything that could go wrong with your future plans, right?»

«Yeah.»

«What would that lead to?»

«I would probably drop out.»

«Right, we tend to give up on growing as human beings when we encounter an unfamiliar, challenging and uncomfortable situation.

- However, in light of your Plus you are lucky to come across these situations.»

«Why is that?»

«Because situations like this are opportunities for you to expand your consciousness around what you're able to represent as a person. This is what the subject Personal growth is all about.»

CONSCIOUSNESS

«How would you describe your experience if you found yourself saying the following:

‘Everybody should read these books!’

‘Everybody should’ve known this!’

‘Why didn’t anyone tell me about this!’»

«I think I would experience it as if I had discovered something?»

«Something new and important?»

«Yes!»

«Fine, these lines reflect that your consciousness expands, and when your discovery is about something important to you and that you wish for or desire, it is the personal consciousness within you that is expanding.»

«So, if my discovery doesn’t have a reference to something I wish for or desire, then I won’t expand my personal consciousness?»

«Good question - No, then you will expand your knowledge about how subjects are described in books, and you’ll gain academic consciousness. It’s when you encounter uncomfortable change and adversities in life, like meeting a wall, failing at something, losing your job, that you have an opportunity to gain personal consciousness.»

«I see, but why is that?»

«Because it’s in these situations that you become aware how you stop yourself from something you wish for or desire, - like when we tell ourselves that enough is enough!. Thus, it’s in these situations that you have the opportunity to discover the personal significance of being in dialogue with your Plus.»

YOUR PLUS

«I will illustrate the Plus in you by telling you the story about the tree you see here.

Once, the tree was not here.
It was a seed in the ground.

In the core of the seed there used to be tiny electrical charges, similar to those in our brain, which we experience as thoughts, perceptions and images.

We can assume that the charges in the seed constituted a blueprint of everything the tree could represent, perhaps twice or even three times as grand as the tree is today.

The tree we see today might only be a poor imitation of this blueprint in the seed, due to weather conditions, wind conditions and other circumstances. Similarly, in every single cell of your body there's a blueprint of everything you are capable of, in other words, your Plus.

Given that your Plus is situated in your cells, your body can sense it stronger than you can with your conscious self.

- And, given that your body and your consciousness form one entity, it is natural for you to be in a dialogue with your Plus through your thoughts.»

«No wonder I feel lost when my thoughts revolve around things I do not desire, and things that could go wrong!»

«Agree, it's no wonder, because when among 50 and 70% of your thoughts revolve around things you do not desire, your body will give you negative signals like dejection, sadness, fatigue, worry, tension and anxiety, due to the absence of a dialogue with your Plus.

- When less than 50% of your thoughts revolve around things you do not desire, your body will give you positive signals like joy, satisfaction, pleasure and enthusiasm, due to you being in a dialogue with your Plus.»

«Ergo, my mood reflects the dialogue I am having with my Plus?»

«Right!»

«So in other words, when I'm feeling depressed and anxious, the problem is not what I think it is?»

«And that is?»

«That I am depressed and anxious?»

«Correct. What is the real problem?»

«That I'm not in dialogue with my Plus!»

«Very good! You are about to solve the Plus Code and taking more advantage of your Plus, ... and one more thing,
- the more intuition, empathy, love, passion, focus and confidence you are capable of experiencing, the more disconnected you will feel when you choose to ignore to take advantage of the Plus in you.»

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