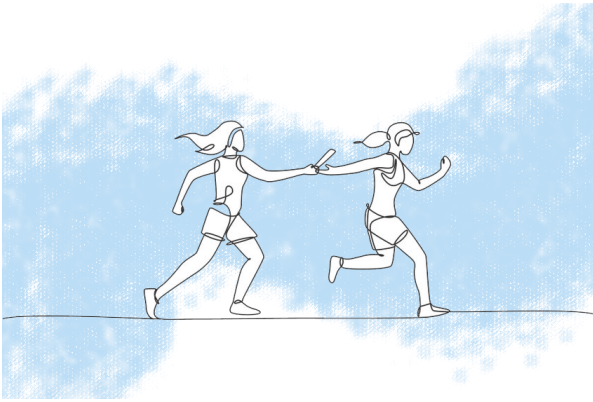


YOUR BEST BET FOR YOUR BEST YEAR YET

one simple truth that changes everything



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Just what does this image have to do with your quality of life?

From the observations of a counselor and therapist with 31

years' experience I would say this... ***just about everything!***

This picture illustrates the single-most important truth for life.

But more about that in a minute. A little story, first.

I like to show this picture to clients when we get to a certain point in their progress. I say something like, "in the context of what we've been talking about, what do you suppose this picture represents"?

Typical answers are,

"It speaks to the importance of teamwork." Nope.

"It shows the importance of timing." Huh-uh.

"It's about working toward a common goal." Wrong again.

While these are all good answers *generally*, none of them is anywhere near the reason I show it to them.

Even when I give them the hint of “*in the context of what we’ve been talking about,*” nearly everyone misses it.

So, what does it represent?

This picture is a perfect illustration of how our mind works.

And here’s a bold statement for you.

If you will get the truths of these eight simple pages in you, you can take charge of your life in ways you may never have even dreamed of.

One caveat though. It is not enough to simply understand this on the level of mere information. You have to ***master the message***, as I like to put it, contained in this image.

Return again to our picture. Note the three parts: the runner with the baton, the baton itself, and the runner receiving the baton.

These are the three truths we’ll be exploring together. Because believe it or not, these truths show you just exactly how your mind works.

More importantly, understanding this picture shows you how you can get your mind working for you instead of against you.

1. The Current Runner –

The current runner represents your conscious mind. And just like our first runner, your conscious mind is charged with one single, overriding purpose.



In the case of an actual relay, that chief purpose is to deliver the baton.

Everything about the relay race hinges on this... delivering the baton.

But what about our conscious mind? What is its chief, overriding purpose?

The main job of your conscious mind is to **evaluate and choose your thoughts**.

The vast majority of people drop the ball right here. They simply allow whatever thoughts pop into their mind to take root there until other thoughts move in and replace them.

They fail to realize that their conscious mind is, in actuality, under their immediate control.

2. The Baton – The baton represents the thoughts themselves.

It's important for us to realize that thoughts are things... real things, powerful things.



Behind every feeling is a thought.

Behind every word spoken, whether to build up or tear down, is a thought.

Behind every act of kindness or ill will is a thought.

Behind every great invention or discovery is a thought.

Thoughts are real things, powerful things, important things.

Any thought or collection of thoughts you entertain in your conscious mind that are accompanied by strong feelings will become a *baton*. I will say more about this shortly.

3. The Receiving

Runner – The runner about to take the baton is the unconscious mind.



Just as with the first runner, the task of the receiving runner is simple and straightforward.

His or her job is to run with all their might to cross the finish line with the baton.

But just what does this mean in terms of the mind?

The chief task of your unconscious mind is to **implement** the thoughts passed to it by the conscious mind.

In the language of our image, the job of the unconscious mind is to take the baton and cross the finish line with it.

Your unconscious mind will not evaluate your thoughts.

It will not say, “*Wait, are you sure you want me to **implement** these thoughts?*”

It will merely take the baton and run with it... carrying those thoughts across the finish line.

(Do you see now why it's so important that you make sure your conscious mind does its job – **evaluating** each thought for its value and then wisely **choosing** which thoughts are allowed to form into a baton?)

If you allow your conscious mind to pass on such thoughts as “*I could never do that,*” or “*I wish I had confidence,*” or “*It's too late for me,*” then your unconscious mind will implement those thoughts in your life.

But just what does this *implementation* look like?

Put as succinctly as possible, it means that your unconscious mind will fill your thoughts, feelings, and actions with indicators that this information is **true**.

Let's take the second statement above (confidence), to illustrate.

If I allow my *conscious* mind to pass on to my *unconscious* mind the belief that I lack self-confidence, then my unconscious mind strives to implement that *baton*.

My unconscious will see to it that I reinforce that belief in my conscious *thought*.

It will see to it that I **feel** inadequate, fearful, and anxious.

But that's not all, my unconscious mind will also urge me to practice avoidant **behaviors** by staying away from any situation that might manifest my lack of self-confidence.

In other words, it will make my thoughts, feelings, and actions confirm the fact that I have no reason to be confident.

*Not because that **is** true, but because I allowed my conscious mind to pass that on to my unconscious mind in the form of a **baton**.*

*Remember, your unconscious mind will take whatever your conscious mind gives it as **truth** and will immediately begin to implement it.*

In closing let me say this,

- if you are constantly self-sabotaging your life,
- if you are struggling with thoughts, emotions, or behaviors you have been trying to change for years,
- if you're sick of an inadequate self-image holding you back,

I suggest you give some serious consideration to the process we have talked about here.

Make sure that the thoughts your *conscious mind* is passing on to your *unconscious mind* to implement – the *baton* – are consistent with who you want to be.

Make sure they are worthy of the person you desire to be.

Evaluate and *choose* the thoughts settling in your conscious mind.

Remember that the thoughts you entertain with emotion will be passed directly to your unconscious mind.

Realize that your unconscious mind will immediately go to work to implement whatever material it receives from your conscious thoughts.

It will take those thoughts as truth.

If you want to change your life... truly, lastingly change your life, you must understand this process – and then take charge of it.