

# Episode 2 – Developing a Resilient Mindset

## Growing Stronger: Rising Beyond Fear Podcast



*“The intuitive mind is a sacred gift -  
and the rational mind it’s faithful servant.”*

**Albert Einstein**

### Key Insights from this Episode

1. We must learn to harness the unconscious mind and direct it to our desires
2. The key to Self-Realisation = Intention + Attention + No Tension
3. We need to learn to set boundaries around ‘negative’ or ‘draining’ energy
4. It only takes 21 days to formally rewire the neural pathways of the brain
5. Change your predominant story and you will change your life
6. Resilience requires hope in a better and more promising tomorrow
7. Our thoughts are powerful and have the energy to create and destroy



### Questions for Awakening

1. What is the opportunity in this crisis/situation for me?
2. What old stories do I need to surrender and let go of at this time?
3. What one action or task will I dedicate my complete focus and attention to completing today?
4. Where am I being encouraged to give up control and to surrender to trust more deeply in my life?

### Core Message from this Episode

We must learn to become the masters of our own consciousness and will. While we have free choice, it is our unconscious conditioning and programming that is often driving the bus of our lives. Through greater awareness and understanding we can learn to redirect our energy and focus to what we most want to create, manifest and experience in our lives.



The one insight I’ll implement this week is ...

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